

# 2024 SOLO/DUO/TRIO INFORMATION



## IMPORTANT DATES

DATE	DETAIL
Week of 23 October	Final Grading List Released
30 October	<b>Metro</b> Solo Competition Entries <b>Open</b>
24 November	<b>Metro</b> Solo Competition Entries <b>Close</b> <b>CaliStars*</b> EOI <b>Open</b>
18 December	<b>Regional</b> Competition Entries <b>Open</b> <b>Recreational</b> Entries <b>Open</b> <b>CaliStars</b> EOI <b>Close</b>
14 January	<b>Metro</b> Solo Competition Entries final payment due
15 January	<b>Metro</b> Solo Competition Schedule Released <b>Regional</b> Competition Entries <b>Close</b> <b>CaliStars</b> Entries <b>Open</b>
5 <sup>th</sup> February	<b>Recreational</b> Entries <b>Close</b> <b>CaliStars</b> Entries <b>Close</b>
12 February	<b>Regional</b> Solo Competition Schedule Released <b>CaliStars</b> Schedule Released <b>Recreational</b> Schedule Released

# 2024 SOLO/DUO/TRIO INFORMATION



## 2024 COMPETITIVE METRO & REGIONAL SOLO SEASON

### COMPETITION DATES 2024

DATE	SECTIONS OFFERED	DIVISIONS	POTENTIAL VENUES
Weekend 1 24-25 February 2024	SOLOS - SUBBIES, SENIORS, MASTERS DUOS/TRIOS - JUNIORS, INTERS	DIVISIONAL GRADINGS AS PER REGIONS	NW - Penola, Gladstone Park SE - Berwick Fields, Cranbourne
		OPEN, OPEN RESERVE, DUOS & TRIOS IN SOUTH EAST VENUES	Rivergum, Narre Warren
Weekend 2 2-3 March 2024	SOLOS - TINIES, JUNIORS, INTERS DUOS - SUBBIES & MASTERS DUOS/TRIOS - SENIORS	DIVISIONAL GRADINGS AS PER REGIONS	NW - Gladstone Park, Penola SE - Cranbourne, Berwick Fields, Rivergum, Beaconhills
		OPEN, OPEN RESERVE, DUOS & TRIOS IN NORTH WEST VENUES	St Bernards, Penola
Weekend 3 9-10 March 2024	SOLOS - TINIES, SUBBIES, JUNIORS, INTERS, SENIORS, MASTERS DUOS - SUBBIES, JUNIORS, INTERS, SENIORS, MASTERS TRIOS - JUNIORS, INTERS, SENIORS	DIVISIONAL GRADINGS AS PER REGIONS	NW - St Bernards, Penola SE - Cranbourne, Langwarrin, Berwick Fields, Narre Warren
		OPEN, OPEN RESERVE, DUOS & TRIOS IN SOUTH EAST VENUES	Rivergum, Beacon Hills
Weekend 4 16-17 March 2024	SOLOS - SUBBIES, SENIORS, MASTERS DUOS/TRIOS - JUNIORS, INTERS	DIVISIONAL GRADINGS AS PER REGIONS	NW - Gladstone Park, Penola SE - Cranbourne, Rivergum, Beaconhills
		OPEN, OPEN RESERVE, DUOS & TRIOS IN NORTH WEST VENUES	St Bernards, Penola
Weekend 5 23-34 March 2024	SOLOS - TINIES, JUNIORS, INTERS DUOS - SUBBIES & MASTERS DUOS/TRIOS - SENIORS	DIVISIONAL GRADINGS AS PER REGIONS	NW - Penola, St Bernards SE - Berwick Fields, Cranbourne, Langwarrin, Narre Warren
		OPEN, OPEN RESERVE, DUOS & TRIOS IN SOUTH EAST VENUES	Beaconhills, Rivergum
Easter Break			
Weekend 6 5-7 April 2024	SOLOS - TINIES, SUBBIES, JUNIORS, INTERS, SENIORS, MASTERS DUOS - SUBBIES, JUNIORS, INTERS, SENIORS, MASTERS TRIOS - JUNIORS, INTERS, SENIORS	DIVISIONAL GRADINGS AS PER REGIONS	NW - Gladstone Park, Penola, Williamstown SE - Berwick Fields, Mahon, Cranbourne, Langwarrin, Kel Watson, Narre Warren
		OPEN, OPEN RESERVE, DUOS & TRIOS WILL BE ACROSS SOUTH EAST & NORTH WEST	St Bernards, The Round, Rivergum, Narre Warren
Weekend 7 13 - 14th April	STATE CHAMPS ALL	ALL	Karralyka, Rivergum
Weekend 8 20 - 21st April	STATE CHAMPS ALL	ALL	Besen, Rivergum, Beaconhills
Weekend 9 26 - 27th April	STATE CHAMPS ALL	ALL	Besen, Rivergum, Beaconhills
Weekend 10 4 - 5th May	STATE CHAMPS ALL	ALL	Besen, Bunjil
Weekend 11 11 - 12th May	STATE CHAMPS ALL	ALL	Beaconhills, Rivergum
Weekend 12 18 - 19 May	ALL	ALL	Wodonga & East Gippsland
Weekend 13 25 - 26 May	ALL	ALL	Ballarat & Geelong
Weekend 14 1 - 2 June	ALL	ALL	Ballarat & Bendigo

# 2024 SOLO/DUO/TRIO INFORMATION



## GRADING FOR DUOS

- Duos will be graded after entries are received where numbers permit.
- Duo grading will be based on the calisthenic solo grading of both performers.

## APPLICATION FOR GRADING REVIEWS

All grading review applications submitted were considered by the Solo Grading Committee and the final outcome of review is as per the Final Grading List.

- I.e. If you submitted a grading review request to move from Division 1 to Open Reserve and you are listed in Division 1 on the Final Grading List, your application was reviewed and outcome is to remain in Division 1.

## SOLO TYPES OFFERED

The following solo types are offered to each age group in 2024. Performers can compete in all solo types offered in their age group.

	CALISTHENIC SOLO	GRACEFUL SOLO	DUO	TRIO
TINIES	✓			
SUB JUNIORS	✓	✓	✓	
JUNIORS	✓	✓	✓	✓
INTERMEDIATES	✓	✓	✓	✓
SENIORS	✓	✓	✓	✓
MASTERS	✓	✓	✓	

**Males:** please note in 2024 male performers can participate in the following:

- Solos – all age groups
- Duos – Sub Juniors & Juniors
- Trios – Juniors

## SCHEDULING

- We are unable to offer the opportunity for entrants to select their competition host at the time of entries, as allocations are based on entries received
- Weekends for State Championships are based on entries received, we are unable to indicate which weekend age groups are on prior to entries closing
- Clashes with siblings cannot be taken into account when scheduling and refunds are not offered for clashes in schedules
- Clashes with other solo types are taken into account when scheduling, should a clash be unavoidable a refund will be offered for the solo type that cannot be attended

# 2024 SOLO/DUO/TRIO INFORMATION



## STAGE SIZES

Please note stage sizes vary across venues. Soloists must be able to adapt to different stage sizes. With the smallest stage size being 8mts wide by 8mts deep.

## TIME LIMITS

The following **music** time limits apply in 2024 for solos. Music track length must not exceed or fall below the stated minimum and maximum lengths (including silence).

AGE GROUP	MINIMUM MUSIC LENGTH	MAXIMUM MUSIC LENGTH
<b>5 - 10 yrs (Tinies &amp; Sub Juniors)</b>	1 minute, 30 seconds	2 minutes, 30 seconds
<b>11, 12, 13 yrs (Juniors)</b>	2 minutes	3 minutes
<b>14+ years (Inters &amp; Seniors)</b>	2 minutes	3 minutes, 15 seconds
<b>Senior Open, Open Reserve + Senior Open Duo</b>	2 minutes, 30 seconds	3 minutes, 30 seconds
<b>Masters</b>	2 minutes	3 minutes

## REFUNDS

Refunds (minus a \$10 admin fee) are only available after entries close providing a medical certificate is submitted using the link below. No other refunds will be offered after close of entry.

<https://www.revolutionise.com.au/cvi/surveys/5161/>

## ENTRY FEES & PAYMENT

	All local competitions including regional competitions	State Championships
<b>Solos</b>	\$60.00	\$75.00 (Open Reserve – Division 6) \$85.00 (Open)
<b>Duos</b>	\$80.00	\$95.00
<b>Trios</b>	\$80.00	\$95.00

\*NB: Entry fee includes 1 audience ticket per performer

### Payment Dates

- 50% payment due upon entry
- Balance due 15<sup>th</sup> January 2024

Calisthenics Victoria reserves the right to accept late entries based on extenuating circumstances a late fee will be charged based on request time.

## ADDITIONAL AUDIENCE TICKETS

### Local Competitions including Regional Competitions

- Adult \$20.00

# 2024 SOLO/DUO/TRIO INFORMATION



- Concession/Child/Registered Coach \$15.00

## State Championships

- **All venues except Bunjil Theatre**
  - Adult \$25.00
  - Concession/Child/Registered Coach \$20.00
- **Bunjil Theatre**
  - Adult \$30.00
  - Concession/Child/Registered Coach \$25.00

## DIVISIONAL SECTIONS

The region a performer participates in is based on the LGA in which the performer resides as follows:

**South-East:** Baw Baw, Bass Coast, Bayside, Boroondara, Cardinia, Casey, East Gippsland, Frankston, Glen Eira, Greater Dandenong, Kingston, Knox, La Trobe, Manningham, Maroondah, Monash, Mornington Peninsula, Port Phillip, South Gippsland, Stonnington, Wellington, Whitehorse, Yarra Ranges

**North-West:** Alpine, Ararat, Ballarat, Banyule, Benalla, Brimbank, Buloke, Campaspe, Colac Otway, Corangamite, Darebin, Gannawarra, Glenelg, Golden Plains, Greater Bendigo, Greater Geelong, Greater Shepparton, Hepburn, Hindmarsh, Hobsons Bay, Horsham, Hume, Indigo, Loddon, Macedon Ranges, Mansfield, Maribyrnong, Melbourne, Melton, Mildura, Mitchell, Moira, Moonee Valley, Moorabool, Moreland, Mount Alexander, Mount Gambier, Moyne, Murrindidi, Nillumbik, Northern Grampians, Pyrenees, Queenscliff, Southern Grampians, Strathbogie, Surf Coast, Swan Hill, Towong, Wangaratta, Warrnambool, West Wimmera, Whittlesea, Wodonga, Wyndham, Yarra, Yarriambiack (interstate soloists)

## MUSIC, PERFORMANCE VIDEOS & PHOTOGRAPHY

- Performance videos will be available to order at the following competitions:
  - Weekend 1, Weekend 2, Weekend 4, Weekend 5 and State Championships.
  - Availability at regional competitions will be confirmed in February 2024.
- Music will be required to be uploaded to the link provided. Further information will be provided to performers, clubs & coaches in early February 2024.
- Stage photography & backstage portrait photography will be offered at the State Championships.

## REGIONAL COMPETITIONS

- Regional competitions are those highlighted purple on the competition dates table
- Regional competitions entries will be capped at 200 - 220 entries per competition.
- As entries will be capped, they will be managed as follows:
  - Regional competition entries will open to all performers in December 2023 and close in January 2024 as per table of dates at the top of this document.
  - Entrants will not be required to pay for entry until their entry can be confirmed as accepted by Calisthenics Victoria.
  - Preference will be given in the following order:
    - Those performers who live locally to the competition offered
    - Performers who have only entered a small number of metro competitions/not entered metro competitions

Confirmation of entry acceptance will be advised to all performers in February and entry fees invoiced accordingly.

# 2024 SOLO/DUO/TRIO INFORMATION



Grading points from regional competitions are not taken into consideration when grading in 2025.

## RECREATIONAL DISPLAY OPPORTUNITIES

### PERFORMANCE DATES

- There will be two performance opportunities on the following weekends:
  - 16<sup>th</sup> – 17<sup>th</sup> March – South-East
  - 23<sup>rd</sup> – 24<sup>th</sup> March – North-West
- Performers can enter both weekends if desired

### ELIGIBILITY & SECTIONS OFFERED

- These opportunities will be open to all ages and Cali Solo, Graceful, Duo & Trio will be offered
- Performers who wish to participate in the display do not need a grading.
- This display is for performers who are strictly not competing in that solo type.

### ENTRY FEE

- \$50.00 per entry
  - This includes 1 x audience ticket
- Refunds (minus a \$10 admin fee) are only available after entries close providing a medical certificate is submitted using the link below. No other refunds will be offered after close of entry.  
<https://www.revolutionise.com.au/cvi/surveys/5161/>

### ADDITIONAL AUDIENCE TICKETS

- Adult \$15.00
- Concession/Child \$10.00

### KEY DATES

<b>18<sup>th</sup> December</b>	Entries Open
<b>5<sup>th</sup> February</b>	Entries Close
<b>12<sup>th</sup> February</b>	Schedules Released

### MUSIC & VIDEOGRAPHY

- Videography will be available to order on the day
- Music will be submitted via links communicated in 2024.

### TIME LIMITS

The following **music** time limits apply in 2024 for solos. Music track length must not exceed or fall below the stated minimum and maximum lengths (including silence).

<b>AGE GROUP</b>	<b>MINIMUM MUSIC LENGTH</b>	<b>MAXIMUM MUSIC LENGTH</b>
<b>5 - 10 yrs (Tinies &amp; Sub Juniors)</b>	1 minute, 30 seconds	2 minutes, 30 seconds

# 2024 SOLO/DUO/TRIO INFORMATION



<b>11, 12, 13 yrs (Juniors)</b>	2 minutes	3 minutes
<b>14+ years (Inters &amp; Seniors)</b>	2 minutes	3 minutes 15 seconds
<b>Masters</b>	2 minutes	3 minutes

## \*CALISTARS SOLOS

### OVERVIEW

Calisthenics Victoria has introduced a new Solo/Duo/Trio stream in 2024 – CaliStars Solos. This stream is designed for performers with a disability (physical and/or intellectual) who wish to compete in solos but feel the current competitive environment is not suited to their needs.

### STRUCTURE

The CaliStars Solos stream will have a number of rules/adjustments in place to ensure the safety and enjoyment for all involved including the following:

- A variety of different types of awards will be awarded in addition to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, HM & HC.
- Performers may withdraw without penalty
- Demonstrators/coaches will be allowed to prompt side stage or appear at the front on stage and demonstrate routines.
- Time limits will be as per competitive solos as a guide but won't be strictly enforced
- Reduced lighting strength options will be available
- Management of audio systems and placement of speakers will be reviewed to suit needs of individual entrants
- Additional stage markings will be placed on the stage to assist performers
- Stage awareness time will be offered prior to competition commencement
- Additional adjustment requests will be taken at entry to ensure all performers needs are considered.

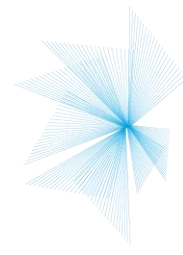
### KEY DATES

DATE	DETAIL
<b>24 November</b>	CaliStars Final Information Released CaliStars EOI Opens
<b>18 December</b>	CaliStars EOI Closes
<b>15 January</b>	CaliStars Entries Open
<b>5<sup>th</sup> February</b>	CaliStars Entries Close
<b>12 February</b>	Schedule Released
<b>16<sup>th</sup> -17<sup>th</sup> March Weekend</b>	Competition 1 – venue in South East location
<b>23<sup>rd</sup> – 24<sup>th</sup> March Weekend</b>	Competition 2 – venue in North West location

### ENTRY FEE

- \$50.00 per entry (This includes 1 x audience ticket)

# 2024 SOLO/DUO/TRIO INFORMATION



CALISTHENICS  
VICTORIA

Solos

## ADDITIONAL AUDIENCE TICKETS

- Adult \$15.00
- Concession/Child \$10.00