



ROYAL SOUTH STREET SOCIETY  
BALLARAT EISTEDDFOD

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# Australian Calisthenics Competitions

Competition & Technical Rules  
Incorporating ACF Flexible Eisteddfod Rules

**5 - 26 October**

## **Venue**

Her Majesty's Theatre  
17 Lydiard Street South, Ballarat

Further Information Contact  
Events Co-ordinator  
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The ACF Eisteddfod Flexible Rules apply to Eisteddfods that host calisthenics competitions attracting both ACF and CaliVic registered participants. The purpose of these rules is to bridge any gaps between ACF and CaliVic regulations to promote transparency and clarity in combined competitions, ensuring no participants are disadvantaged, and maintaining the integrity of ACF rules and banned movements.

The use of the ACF Eisteddfod Flexible Rules is strictly limited to Eisteddfods and/or calisthenics competitions that are officially endorsed by the ACF. As of January 2025, officially endorsed competitions include the Royal South Street Society, Mildura Eisteddfod and Mount Gambier Eisteddfod.

**RSSS Calisthenics Committee**

Andrea Brown (Chair)

Cherie Brown

Lexie Brown

Fiona Emery

Annette Lawson

Rebecca Norris

**Entries Open:** 9am Saturday 1 March 2025**Entries Close:** 5pm Friday 4 April 2025**NO LATE ENTRIES ACCEPTED****Entry Fees (per item performance)****Tinies \$70****Sub-Juniors & Juniors \$75****Intermediates, Seniors, Masters \$80**

(plus myStage processing fee)

**Optional Extra****DLP \$20 per item**

If not purchased on entry, an invoice will be automatically raised if an mp4 file is uploaded.

Videos of performances can be purchased from OSM Live.

## CONTENTS

1.	DEFINITIONS .....	5
2.	COMPETITION, OPERATION AND ADMINISTRATION .....	7
2.1.	COMPETITION ENTRY .....	7
2.2.	AGGREGATE .....	8
2.3.	COACHES .....	8
2.4.	ADJUDICATORS .....	8
2.5.	RIGHT OF REVIEW .....	8
2.6.	RECORDING AND RECORDING DEVICES .....	9
2.7.	INCLUSION .....	10
2.8.	BACKSTAGE .....	10
3.	GENERAL RULES .....	11
3.1.	AGES .....	11
3.2.	MASTERS .....	11
3.3.	BREACH OF RULES .....	11
3.3.1.	BANNED MOVEMENTS .....	12
3.3.2.	PROMPTING .....	13
3.3.3.	STAGE AREA .....	13
3.3.4.	CURTAINS .....	13
3.4.	MINIMUM NUMBER .....	14
3.5.	FALSE STARTS AND ITEM STOPPAGES .....	14
3.6.	TIMING .....	15
3.7.	STAGE DRESSING/PROPS, SMOKE MACHINES AND REMOTE DEVICES .....	15
3.8.	SAFETY REQUIREMENTS .....	156
4.	TEAM ITEM RULES .....	17
5.	TECHNICAL RULES .....	18
5.1.	AESTHETIC .....	18
5.2.	CALISTHENIC REVUE .....	18
5.3.	CHARACTER/FOLK DANCE .....	<b>Error! Bookmark not defined.</b>
5.4.	CLUB SWINGING .....	18
5.5.	DANCE ARRANGEMENT .....	18
5.6.	RHYTHMICAL AESTHETIC .....	18
5.7.	SONG & DANCE .....	18
6.	ATTACHMENTS .....	19
	ATTACHMENT A – ROLE AND RESPONSIBILITIES OF THE COMPETITION OFFICIAL .....	19
	ATTACHMENT B – PENALTY NOTIFICATIONS .....	20
	ATTACHMENT C – NOTIFICATION TO ADJUDICATOR OF COMPETITOR WITH DISABILITY .....	21
7.	APPENDIX – SUMMARY OF BREACH OF RULES .....	22

## 1. DEFINITIONS

- a) **Club** means Club, College or State Association.
- b) **Coach** means a person who has attained level 1 or level 2 coaching accreditation in accordance with ACF Coaching policies and procedures and is registered with their State Association.
- c) **Competitor** means a participant who is registered as a member of the ACF through a Club and State Association at a level that is eligible to participate in competition events delivered by a State Association or the ACF.
- d) **Competition Official** means the person approved by relevant National Body/State Association to undertake the duties set out in the Breach of Rules/Review Process. Must adhere to the specified roles and responsibilities as set out in [Attachment A below](#). (Includes the Confidentiality Agreement/role as observer).
- e) **Competition Sub-Committee** mean a committee established by the ACF or a Club, in accordance with its Constitution, for the purpose of convening and administering a competition event.
- f) **Curtains** Front Curtain means House Curtain.
- g) **False start** means when an item appears to have started, either by the commencement of music or lighting, or the sight of a competitor on the stage area, that is the result of a technical fault or technician error as deemed by Stage Manager/Chairperson and Coach (refer to section 3.5 'False starts and Item Stoppages').
- h) **Flys**. Use of flys permitted subject to theatre availability and ACF approval. (Not available at Her Majesty's Theatre)
- i) **Interlude** means a brief interval that acts as a pause or break between Technical Club swings.
- j) **Items**
  - i. Core Items – Figure March, Free Exercises, Rod Exercises, Club Swinging, Aesthetic and Rhythmical Aesthetic.
  - ii. Fancy Items – Character /Folk Dance, Song and Dance, Calisthenic Revue, and Dance Arrangement.
- k) **Lighting**
  - i. Standard lighting or fancy lighting (flashing lights, spotlights, follow spots, ultraviolet lights, Gobo, slide, mirror ball, any other permissible Fx lighting, alteration of lighting such as dimming, colour washes, during an item) and DLP imaging subject to availability at theatre.
  - ii. Side (wing) lighting may be used providing the lowest lantern is more than 3.5 metres above the floor.
  - iii. Illumination from data projection (DLP) is defined as the projection of images, coloured screen, or white screen mode, and not illumination that may occur when the data projector is in standby or black screen mode.

- l) **Recording device** means an electronic tool designed to capture and store media, including video, photos, and sound. It can convert visual and audio information into digital or analogue formats for playback, editing, or sharing, typically utilizing components like cameras for images and microphones for audio. Examples include but are not limited to smartphones, cameras, camcorders, and audio recorders.
- m) **Remote devices** are defined as a moving object (e.g. car) that is controlled by the use of radio or electronic signals. A remote device may be used as per specified item rules. May be operated by a person on or off the stage.
- n) **Stage Area**
  - i. The working area of the stage, including the area behind the standard back curtain when curtain is open and the apron area.
  - ii. Taped side-lines clarify the stage area.
  - iii. Markings will be placed in the “windows” for all sections.
  - iv. Front and back lines where marked are for safety purposes only.
  - v. Legs (Black side curtains) should abut sidelines where possible. Stage markings for ‘down spot lighting’ allowed.
- o) **State Association** means an ACF affiliated entity that is responsible for overseeing the administration and management of calisthenics in a Member State.
- p) **Stage Dressing & Props**
  - i. Hand props – a prop that can be taken onto the stage by one performer only, can be stored in the dressing room, and does not need a sandbag to be stable on the stage. May include modules, drums, platform, fabric. Hand props may be placed on stage in one trip by an individual performer in blackout prior to item commencing, or be passed to performer or onto the stage during the item. This rule is overseen by the Stage Manager/MC of the competition on the day.
  - ii. Large props – a prop that cannot be taken by one performer alone and may require sandbags to be set on stage, eg. scenery.
- q) **Stage Manager/Chairperson** is the competition official responsible for calling a technical fault or technician error in consultation with the coach.
- r) **Technical Fault & Technician Error.**
  - i. A technical fault is defined as an equipment failure that affects the music or visibility of the competitors.
  - ii. A technician error is defined as an incorrect blackout or curtain movement performed by a theatre technician that impacts the competitors’ safety or the timing of the item.
  - iii. Responsibility for making a technical fault or technician error will lie with the Stage Manager / Chairperson in consultation with the coach.
- s) **Theatre Rules** refer to the technical, administrative, safety, or other rules set by a theatre or venue where a competition is held.

## 2. COMPETITION, OPERATION AND ADMINISTRATION

### 2.1. COMPETITION ENTRY

- 2.1.1. Entries must be submitted via the MyStage system on or before the closing date.  
**Late entries will not be accepted.**
- 2.1.2. No refunds will be given after entries close.
- 2.1.3. **Entries are open to the following Divisions:**
- |               |   |
|---------------|---|
| Tinies        | Premier to Div 2 (combined competition)                             |
| Sub-Juniors   | Premier to Div 5 (Vic. teams should enter according to NW/SE split) |
| Juniors       | Premier to Div 8  |
| Intermediates | Premier to Div 8  |
| Seniors       | Premier to Div 8  |
| Masters       | Premier to Div 6  |
- 2.1.4. **Interstate teams** should enter as “Ungraded” and complete the relevant information. You will be required to upload 2024 videos of Free Exercises, Clubs and Aesthetics which will be forwarded to the ACF Grading Committee. RSSS will notify you of your grade, and move your MyStage entries to the appropriate division.
- 2.1.5. If there is a significant reason you cannot compete on a particular date, please email [admin@royalsouthstreet.com.au](mailto:admin@royalsouthstreet.com.au) before close of entries. The RSSS will try to accommodate requests but this cannot be guaranteed.
- 2.1.6. At least 24 hours’ notice must be given of a pending non-appearance.
- 2.1.7. Where a competition includes more than one division, the lower division(s) will have 1 point added to their total by the adjudicator for each divisional difference (Tinies to Masters). RSSS reserves the right to amend all divisional grouping dependent upon entries received, and any change will be communicated to teams involved.
- 2.1.8. Composite teams are not permitted, and it is expected that the members of the team appearing at RSSS are the same as those who have competed throughout the year.
- 2.1.9. If a query is raised on ages/registrations, the Club concerned may be requested to produce a Birth Certificate/Proof of Registration within 7 days. If proven that they have breached registration the Club/Competitor **will be disqualified from any item in which that member/s has/have competed.**
- 2.1.10. No competitor is permitted to compete with more than one Club in any one competition.  
**Rule Breach - disqualification.**
- 2.1.11. The Coach or representative must hold a list of team members’ names, in order to comply with Occupational Health and Safety Requirements.
- 2.1.12. A competitor or team cannot compete in two (2) age sections in the same item. **Rule Breach - disqualification.**
- 2.1.13. Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies. **Rule Breach: 5 point penalty.**
- 2.1.14. A team/competitor will only be permitted to work out of programmed order under extenuating circumstances.
- 2.1.15. **Pregnancy:** Performers who compete whilst pregnant must provide written clearance from their obstetrician (dated within the previous four weeks) to the competition supervisor upon check in/registration.
- 2.1.16. Any additional Theatre Rules which may be provided.



## **2.2. AGGREGATE**

2.2.1. To be eligible for the aggregate a team must compete in all programmed items.

2.2.2. Points for Aggregate Trophies will be assigned as follows:

<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>	<b>4th Place</b>	<b>5<sup>th</sup> Place</b>
<b>6 points</b>	<b>4 points</b>	<b>2 points</b>	<b>1 point</b>	<b>0.5 points</b>

2.2.3. Should a club secure more than one place in any team competition, only the highest award will count towards the Aggregate Trophy.

2.2.4. No equal placings are to be awarded by a single adjudicator for 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>. In the event of a tie for any place where there is an adjudicator panel, full aggregate points will be assigned.

2.2.5. In the event of a tie for the Aggregate, each will receive an award.

## **2.3. COACHES**

All coaches must have a minimum Level 1 Accreditation, must be registered with their State Association and have the relevant clearances as set out in the ACF Safeguarding Children and Young People Policy.

## **2.4. ADJUDICATORS**

2.4.1. Communication with the Adjudicator/s either by competitors, coaches or other interested parties during competitions is prohibited, and committees reserve the right to disqualify a team/competitor for any breach of this rule.

2.4.2. The Adjudicator/s decision is final, and no correspondence or verbal query will be entered into regarding any placing.

## **2.5. RIGHT OF REVIEW**

2.5.1. A Right of Review is applicable to all breaches, excluding timing penalties. In the case of timing penalties Coaches will be notified using the Penalty Sheet, stipulating they have no right of review. The review process can only proceed when the item/performance has been recorded on "official" video/DVD. A review can only be requested by the coach of the team/soloist receiving the Penalty Sheet. Where a penalty is applied by the Adjudicator/s the process for review is as follows:

- Deferral of the results of that section pending the outcome of the review process.
- Coach notified at the end of that section, in writing, of the penalty specifying rule number/banned movement.
- Coach accepts the ruling – Coach signs the relevant section on the penalty sheet and returns the penalty sheet to the Competition Official, OR
- Coach does not accept the ruling - Coach completes the appropriate section on the penalty sheet requesting a review and returns it to the Competition Official.

2.5.2. If a review is requested the review takes place as follows:

- Review panel will consist of the Adjudicator/s, designated Competition Official and Video Operator (if applicable – to slow, pause video etc.).



- b) The Review must be conducted in a private and closed environment to ensure confidentiality.
- c) Adjudicator/s watch the video, define the breach and discuss interpretation.
- d) Adjudicator/s will decide to uphold or dismiss the breach.
- e) Adjudicator/s will advise the Competition Official to notify the coach of the final decision which must be recorded on the Penalty Sheet.
- f) The Competition Secretary should hold these Penalty Sheets until the end of the competition year and then be destroyed.

#### 2.5.3. Communication between Coach and Adjudicator

- a) Whether a breach is accepted or not, the Coach may request to meet the Adjudicator/s to discuss the reason behind the penalty (excluding timing penalties), after the conclusion of the competition. The purpose of this meeting is educational only and will not change the decision. The competition convenor/official or agreed representative is to be present at requested discussion. This person is to act as an observer but not participate in the discussion.

## 2.6. RECORDING AND RECORDING DEVICES

- 2.6.1. The use of recording devices by audience members during a performance is strictly prohibited. Performances are copyright and no recording is permitted by any audience member or coach. Offenders will be removed from the auditorium and recording deleted.
- 2.6.2. No photography or videography of any kind, including by any mobile device, is permitted in the dressing rooms by any participant, coach, supporter, RSSS staff member or stakeholder.
- 2.6.3. Official videographers OSM Live have been appointed in adherence with the requirements of the [ACF Safeguarding Children and Young People Policy](#), and the [RSSS Child Safety Policy](#).
- 2.6.4. In support of Child Safe Standards, RSSS provides coaches/clubs administrators with the opportunity to refuse photography of any team member at the point of entry. There is also the opportunity to review this decision periodically. The RSSS reserve the right to use this initial and ongoing consent information to guide their photography, videography and image use on an annual eisteddfod basis.

Once consent is obtained, any such photograph, recording or broadcast may be used at the discretion of the RSSS for publicity or promotional purposes, including but not limited to competition results, print and broadcast media and social media. Any use of images shall not necessarily constitute an endorsement of any participants, and no remuneration or compensation whatsoever shall be attributable to any participants so featured.

If consent has been given but needs to be withdrawn, please do so via [this form](#).

- 2.6.5 Mobile devices must be switched to silent while in the auditorium and side stage.
- 2.6.6 Lights of any form (including light up pens and mobile phone torches) must not be used during a performance.

## 2.7. INCLUSION

- 2.7.1. In accordance with the ACF Inclusion Framework & Policy, adjustments and considerations may be made to accommodate competitors with disability. Adjudicator/s are to be advised of items where accommodation is required.
- 2.7.2. In accordance with the ACF Inclusion Framework & Policy and relevant legislation everyone may have the opportunity to participate in calisthenics, regardless of their sex or gender identity. Please inform RSSS if you have a team member who requires a separate dressing area.

## 2.8. BACKSTAGE

### 2.8.1 Dressing Rooms

- a) Clubs will be held responsible for any damage to the venue (eg. lipstick, tan on walls/floors, applying tan in toilet areas, damage caused by props, etc. especially to the cyclorama.
- b) Dressing rooms must be left clean and tidy without an unreasonable amount of rubbish left in room.
- c) Decoration of rooms and passageways is not permitted, though banners may be hung from doors. Nothing is to be taped or stuck to walls.
- d) Competitors must change in their designated dressing room. No public area (including toilets) is to be used for changing or any preparation of wardrobe (including application of hairspray, fake tan or glitter).

2.8.2 **Practising:** No teams or individuals are to practise on stage or side stage during the competitions except during the official warm-up period before Free Exercises. This includes but is not limited to doing walkovers, jetes or similar 'tricks' in the passageways of the theatre.

2.8.3 **Body tan:** Competitors' feet and legs must be covered before entering the auditorium. Please keep feet off seats and backs of seats.

2.8.4 **Footwear** is required to be worn in all areas outside the stage area. Non-performers side stage must have closed toe shoes.

2.8.5 Babies, toddlers and children must not be in the stage area at any time unless performing in the item. No prams or pushers are to be left in corridors at any time. Non-performing children aged 12 and under are not be left unsupervised in the theatre at any time.

2.8.6 All corridors, stairwells, entrances or building access areas are to be kept clear at all times. Any items left in these areas will be moved.

2.8.7 All stage access, egress, fire escapes and exits, fire equipment areas and access to prompt corner must be kept clear at all times.

2.8.8 **All costumes** and handheld props must enter and leave the theatre via the rear Stage Door or Unicorn Lane. No costumes or props are to be taken through the front doors on Lydiard Street.

2.8.9 All valuables are the responsibility of the owner and are left in dressing rooms at their own risk.

#### 2.8.10 Coach, Dressing Room and Backstage Passes

Backstage numbers are strictly limited and passes will be allocated to each club based on the following ratios:

**Coach:** Up to 4 coach passes (for registered Level 1 and 2 coaches and registered assistants). Extra passes may be available where there are more than two teams though this is at the discretion of RSSS staff/calisthenics committee.

**Dressing Room:** It is encouraged that wherever possible, coaches and/or assistants act as dressers for their team members (rather than parents). Extra passes will be issued only if absolutely necessary.

### 3. GENERAL RULES

#### 3.1. AGES

3.1.1. For ACF Eisteddfods, participants are entitled to work up one age group without having to apply for an exemption, as long as they compete in ONE age group only throughout the year.

Tinies	7 years and under
Sub-Juniors	8 to 10 years
Juniors	11 to 13 years
Intermediates	14 to 17 years
Seniors	16 years and over (no maximum)
Masters	26 years and over (no maximum)

All ages as of the 31 December in the year of competition.

#### 3.2. MASTERS

3.2.1. Participants younger than 26 years electing to compete in a Masters' team must obtain permission from the relevant State Association. This exemption will only be given in exceptional circumstances – e.g. never participated in calisthenics, disability or health issue.

3.2.2. A participant in Masters cannot compete in a Senior section/item, and a participant in Seniors cannot compete in a Masters section/item. That means participants cannot compete in both sections in one year, under any circumstances – even if both sections compete at different competitions.

#### 3.3. BREACH OF RULES

Each rule breached (as defined by this ACF National Rules and Regulations) will result in a **5 point penalty** unless otherwise specified within these rules. The actual deduction of the points is to be carried out by the Adjudicator/s.

### 3.3.1. BANNED MOVEMENTS

Execution of a Banned Movement in competition will result in **disqualification** in the item in which it was performed.

**The following movements are banned up to and including junior age group only**

- a) Handstand to forward roll.
- b) Rotation from straddle into a standing lunge.
- c) Walkover where the entire weight is on one arm - and all variations of this movement, including valdez.
- d) Lowering head to floor from handstand and pushing into walkover.

**The following movements are banned for ALL age groups**

- e) Handstand to chest drop.
- f) Fish flop.
- g) Any gymnastic movement 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
  - Handsprings
  - Head spring

*Note: A hop MAY be executed prior to a SIDE aerial.*

- h) Bridge holding ankles.
- i) Revolving head stand.
- j) Chest roll and all variations of this movement.
- k) Supported chest balance.
- l) Rod in mouth.
- m) Rod/apparatus over shoulder in close formation.
- n) Pair work requiring the standing member to take the full weight of another where the transference of weight of the elevated partner is not continuous.
- o) Jerked extension of any held back leg balance, including but not limited to:
  - Jerked pull at end of supported (held) arabesque
  - Jerked pull at end of supported (held) attitude
  - Jerked pull at end of hook
- p) Walking on the top of the foot (metatarsophalangeal joint) or walking 'en pointe' without shoes.
- q) Front (Forward) Aerial.

### 3.3.2. PROMPTING

- a) Prompting competitors who are on stage during the performance of any item is **strictly prohibited**. In the first instance of prompting the Stage Manager will issue a warning. Second and subsequent occurrences at that competition will each incur a **Rule Breach: 5 point penalty**. Stage Manager and/or Chairperson will advise Adjudicators of the breach/es.
- b) Musical instruments are considered to be part of the musical accompaniment and are not considered to be prompting. Clapping is not musical accompaniment and is considered to be prompting. **Rule Breach: 5 point penalty**.

### 3.3.3. STAGE AREA

- a) Competitors must work within the working area of the stage (see 'Stage Area' 1.k)) for all items including entry/opening and exit/closing (refer Minimum Number Rule 3.4.1). **Rule Breach: 5 point penalty**.
- b) Competitors may enter or exit the working area of the stage from the sides or back only. **Rule Breach: 5 point penalty**.
- c) A diagram of Her Majesty's Theatre stage dimensions will be available on the calisthenics page of the RSSS website. The stage area in front of the white line is not lit. Stage markings will include side lines, front and back lines, 9 spots plus 'windows' between spots, and between spots and side lines.

### 3.3.4. CURTAINS

- a) The front curtain and the mid curtain may not be used in core items except as per 3.3.4.b) and 3.3.4.c), below. **Rule Breach: 5 point penalty**.
- b) A front curtain may be used without penalty:
  - i. For aesthetic and rhythmical aesthetic if a blackout is unavailable.
  - ii. For Tinies items.
  - iii. To set up or place competitors on stage for a blackout start. The curtain must rise to stage blackout before the start of the item.
  - iv. For fancy items (Song & Dance, Calisthenic Revue, Dance Arrangement)
  - v. When using Minimal Rules (Premier Seniors, all items)
- c) A mid-curtain can be used without penalty:
  - i. If there is insufficient space behind the back curtain for entry / exit.
  - ii. For fancy items (Song & Dance, Calisthenic Revue, Dance Arrangement)
  - iii. When using Minimal Rules (Premier Seniors, all items)
- d) Scrim: Not available at Her Majesty's Theatre.

- e) Legs (Black side curtains) must not be moved. If they are purposely moved a **Rule Breach: 5 point penalty** will apply. Where the breach occurs within the line of sight of the Adjudicator/s it is the Adjudicator's call. Where the breach occurs outside the line of sight of the Adjudicator/s, the Stage Manager will inform the Adjudicator/s of the breach.
- f) Other curtains, including cyclorama and standard back curtain are permitted subject to theatre availability and Item Rules.
- g) Lighting/DLP may only be used with the cyclorama in Aesthetic, Rhythmical Aesthetic, Song & Dance, Calisthenic Revue, Dance Arrangement, and all items using Minimal Rules. **Rule Breach: 5 point penalty.**
- h) Flys: Not available at Her Majesty's Theatre.

### 3.4. MINIMUM NUMBER

- 3.4.1. The minimum number of competitors in a team is five (5), who must remain visible on stage throughout the item, excluding entry/opening and exit/closing. Minimal Rules sections are exempt from this rule. **Rule Breach: 5 point penalty**
- 3.4.2. In extenuating circumstances, and with prior notification to competition convenor, a team may appear with four (4) members, but will incur a **Rule Breach: 5 point penalty.** Teams may not perform with three or fewer competitors.
- 3.4.3. If a team / competitor breaches more than one minimum number rule (i.e. Rules 3.4.1 and/or 3.4.2) in any item (including Solo, Duo and Trio Items), the item will incur a **maximum of 2 penalties of 5 points each.**

### 3.5. FALSE STARTS AND ITEM STOPPAGES

- 3.5.1. If a competitor/team member makes a false start, **Rule Breach: 5 point penalty** to be made, unless the Adjudicator/s is notified by the Stage Manager/Chairperson that the performance has been stopped for technical/technician error or safety reasons.
- 3.5.2. If the music has commenced and then is found to be incorrect, within the first 5 secs, no penalty will be incurred. If not **Rule Breach: 5 point penalty.**
- 3.5.3. In the event of an injury to a competitor on stage, the Stage Manager and/or coach have responsibility for stopping that item. Should that action not be forthcoming Adjudicators have the right to stop the performance. The Adjudicator/s will ring their bell to cease the item. The team may re-present their item, minus the injured participant and will be eligible to be awarded a place. Other rules are applicable e.g. minimum number. If the participant is deemed NOT to be injured the team may re-present with that participant and be eligible for placing.
- 3.5.4. In the event of a hazard on stage, the Stage Manager and/or coach have responsibility for stopping that item. Should that action not be forthcoming Adjudicator has the right to stop the performance. The Adjudicator will ring the bell to cease the item. The team may re-present their item once the hazard has been cleared.
- 3.5.5. If a team member leaves the stage before the completion of their performance for a reason other than rule 3.5.3 (injury), 3.5.4 (safety reason), a technical fault and/or technician error, they have the option of repeating the performance but the team is ineligible to gain a place. The critique paper is to be provided without deduction.



- 3.5.6. If a team member leaves the stage before the completion of their performance due to a safety reason, technical fault and /or technician error they have the option of repeating the performance and the team is eligible to gain a placing.

### 3.6. TIMING

#### 3.6.1. Setup/removal time

- a) Core Items – nil (standard rules)  
b) Fancy Items & Minimal Rules – Four (4) minutes. Refer Rule 3.7.1

Any breach of this rule will be advised by the Stage Manager. **Rule Breach: 5 point penalty.**

#### 3.6.2. Timing will be defined by music track length, not on-stage appearance time.

#### 3.6.3. Time limits: Minutes : Seconds

##### **Tinies**

Core Items	1:30 – 2:45
Song & Dance	2:00 – 3:15

##### **Sub-Juniors**

Core Items	1:30 – 2:45
Song & Dance	2:00 – 3:15

##### **Juniors**

Core Items	2:00 – 3:15
Calisthenic Revue	2:30 – 3:45

##### **Intermediates**

All Items	2:15 -3:45
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##### **Seniors**

All Items	2:15 – 3:45
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##### **Masters**

All items	2:00 – 3:45
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All items Timing in accordance with age sections.

### 3.7. STAGE DRESSING/PROPS, SMOKE MACHINES AND REMOTE DEVICES

Refer to Definitions, 1.1.p.

- 3.7.1 Stage must be set and competitors ready to perform within four (4) minutes of previous team clearing the stage, after which time the item will be announced and will commence. All props must be removed easily and quickly in a blackout.

- 3.7.1. Large props may be used in Fancy items and where Minimal Rules are being used. Teams are not permitted to bring tiered steps, tiered ramps or anything of a similar nature as there is limited space to store them. Large props should not exceed 3 metres in height.

- 3.7.2. Large props which remain entirely off the stage area prior to the start of an item or are visible only after the start of an item, may be used in any item.

	<i>Hand Props</i>	<i>Large props at preset</i>	<i>Large props moved onto stage during item</i>
Tinies	Yes, all items	Song & Dance only	Yes
Sub Juniors	Yes, all items	Song & Dance only	Yes
Juniors	Yes, all items	Calisthenic Revue only	Yes
Inters	Yes, all items	Dance Arrangement only	Yes
Seniors	Yes, all items	Dance Arrangement only	Yes
Premier Seniors	Yes, all items	All items	Yes
Masters	Yes, all items	Calisthenic Revue only	Yes

- 3.7.3. Smoke and fog machines may only be used in Aesthetic, Rhythmical Aesthetic and Fancy items, and when Minimal Rules are being used. **Rule Breach: 5 point penalty.**
- 3.7.4. Remote devices may only be used in Song & Dance, Calisthenic Revue, Dance Arrangement and when Minimal Rules are being used. **Rule Breach: 5 point penalty**

### 3.8 SAFETY REQUIREMENTS

#### OCCUPATIONAL HEALTH & SAFETY ISSUES MUST BE CONSIDERED AT ALL TIMES

- 3.8.1 No glass, ceramic, drawing pins or glass glitter to be used. **Rule Breach: 5 point penalty.**
- 3.8.2 Accessories must not be attached to any curtains in any way. **Rule Breach: 5 point penalty.**
- 3.8.3 If baled hay is used, it must be covered in plastic sheeting. **Rule Breach: 5 point penalty.**
- 3.8.4 Live animals not permitted. **Rule Breach: 5 point penalty.**
- 3.8.5 Any additional Theatre Rules as set out in other documentation specific to individual theatres must be adhered to. **Rule Breach: 5 point penalty.**
- 3.8.6 Strobe and laser derived lighting not permitted for health and safety reasons. **Rule Breach: 5 point penalty.**
- 3.8.7 Lighted candles, sparklers, party poppers (definition: inside fire work – mini pyrotechnic) or such device using gunpowder or any naked flame or pyrotechnic devices not permitted. **Rule Breach: 5 point penalty.**
- 3.8.8 Smoke/water-based fog fluid or dry ice machines may be used but only if certified as safe by the appropriate authority in your state.
- 3.8.9 Masks are permitted but safety and health elements are the responsibility of the coach.
- 3.8.10 Props and scenery must be made to stand safely, taking into account the rake on many stages. A Risk Assessment form must be completed when there are any safety concerns, if not they may be removed from the stage at the discretion of the Stage Manager and/or Duty Technician.
- 3.8.11 Modules, drums, ramps and platforms must have a firm top and firm base. Height to be no more than three times the minimum base dimension.

#### 4. TEAM ITEM RULES

**Breach of Item or Technical Rules in bold will incur a Rule Breach: 5 point penalty.**

These rules are to be read in conjunction with the critique components.

		<b>CORE ITEMS</b> March, Clubs, Rods & Freearm	<b>CORE ITEMS</b> Aesthetic & Rhythmical Aesthetic	<b>FANCY ITEMS</b> Song & Dance Calisthenics Revue Dance Arrangement	<b>MINIMAL RULES</b> Premier Seniors
a.	Minimum Number Refer Rule 3.4	<b>5</b>	<b>5</b>	<b>5</b>	<b>n/a</b>
		Minimum number must remain on stage and be visible throughout the item, excluding entry/ opening and exit/closing.			
b.	Blackout Opening/Closing	Yes	Yes	Yes	Yes
c.	Lighting	<b>No</b> Premier Inters, Premier Seniors & Premier Masters excepted	Yes No follow spot to be used in Tinies, Sub-Juniors & Juniors	Yes No follow spot to be used in Tinies, Sub-Juniors & Juniors	Yes
d.	Front Curtain	<b>No</b> Tinies excepted. Refer Rule 3.3.4(a)	<b>No</b> Refer Rule 3.3.4(b)	Yes	Yes
d.	Mid Curtain	<b>No</b>	<b>No</b>	Yes	Yes
e.	Stage Dressing	<b>Yes</b> Refer Rules 1 (p) & 3.7	<b>Yes</b> Refer Rules 1 (p) & 3.7	Yes	Yes
f.	Smoke Machine/ Fog / Dry Ice	<b>No</b>	Yes	Yes	Yes
g.	Remote Devices	<b>No</b>	<b>No</b>	Yes	Yes
h.	Pointe Work/ Point Shoes	<b>No</b>	<b>No</b>	<b>No</b>	<b>No</b>
i.	Title Applicable for Item	No	No	Yes	Yes Rhythm.Aesthetic & Dance Arrangem't

## 5. TECHNICAL RULES

### Technical Rules in bold will incur a Rule Breach: 5 Point Penalty

#### 5.1. AESTHETIC

- 5.1.1. **No elevated dance steps permitted.**

#### 5.2. CALISTHENIC REVUE

- 5.2.1. May include singing, dialogue, calisthenics work and dance (of any style).
- 5.2.2. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**
- 5.2.3. Singing and speaking on recorded music permitted, however **singing with recorded vocals is NOT permitted.**
- 5.2.4. Limited solo singing permitted.
- 5.2.5. A maximum of six (6) competitors will be permitted to work up into an older age group on the proviso that the Intermediates working up into the Senior Dance Arrangement meet the Senior age requirement of 16 years. This special condition does not apply to any other item.

#### 5.3. CLUB SWINGING

- 5.3.1. The clubs must be clearly seen to come to a complete stop before:
- a) **Changing the direction of a circle within a plane** (excludes entry/opening and exit/closing).
  - b) **Changing the angle of the plane** (excludes entry/opening and exit/closing).
- 5.3.2. **Each arm and club may swing independently of the other but must be on the same vertical plane.** (excludes entry/opening and exit/closing).
- Rules 5.3.1.a) & (b) and 5.3.2 do not apply during an interlude when technical club swings are not occurring.

#### 5.4. DANCE ARRANGEMENT

- 5.4.1. No singing except on recorded music.
- 5.4.2. Item to be based on chosen dance genre as it relates to calisthenics.

#### 5.5. RHYTHMICAL AESTHETIC

- 5.5.1. **Elevated dance steps MUST be included.**
- 5.5.2. Item to be Aesthetic based and include dance steps to enhance performance.

#### 5.6. SONG & DANCE

- 5.6.1. **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**
- 5.6.2. Singing and speaking on recorded music permitted, however, **singing with recorded vocals is NOT permitted.**
- 5.6.3. Limited Solo singing permitted.
- 5.6.4. Singing and dancing must be evenly balanced.

## 6. ATTACHMENTS

### ATTACHMENT A – ROLE AND RESPONSIBILITIES OF THE COMPETITION OFFICIAL

Role:

- To ensure the efficiency and effectiveness of the Review Process (refer to Right of Review 2.5)

Responsibilities:

- Read, understand and sign the Confidentiality Agreement below. Adhere to the specifications of this Agreement at all times.
- Prior to competition liaise with the Competition Committee and determine the venue for the Review Process to take place.
- Ensure the venue is private and closed.
- Deliver the notice of the breach to the coach in a confidential manner (e.g. sealed envelope) at the completion of that section.
- Once the Review Process has been conducted, advise the Coach of the decision in a timely manner and with total objectivity.

#### COMPETITION OFFICIAL/OBSERVER'S CONFIDENTIALITY AGREEMENT

It is a condition of your position as a Competition Official for the Rules Review process that you will not divulge (directly or indirectly) any confidential information relating to the review process before, during or after competitions. The ACF (at State level it will be the State Association) expects that this condition will apply both during your current involvement as a Competition Official/Observer and after your involvement ceases.

Confidential information refers to any information (verbal, written or electronic) pertinent to the review process which is not publicly available.

I.....have read and understand the confidentiality terms outlined above and agree to abide by these terms.

Name: (please print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Note: at least two people should be appointed for each competition to avoid any possible conflict of interest – only one person will officiate, however, in the event that a possible conflict of interest (i.e. close association with the relevant coach/team) then the second person will be called upon to undertake the duties.

## ATTACHMENT B – PENALTY NOTIFICATIONS

### AUSTRALIAN CALISTHENIC FEDERATION – RULE/S BREACH – PENALTY INFORMATION

(Coach to be notified at the end of the section)

ITEM:	COMPETITOR NUMBER:
RULE	PENALTY
RULE BREACH No. 3.4 <i>Minimum Number</i>	5 POINTS
RULE BREACH No.	5 POINTS
RULE BREACH No.	5 POINTS
<b>TOTAL PENALTY =</b>	
BANNED MOVEMENTS No	DISQUALIFICATION

#### I ACCEPT THIS PENALTY:

Coach's Signature Date

#### I REQUEST A REVIEW ON THIS PENALTY (refer Right of Review 2.5)

Coach's Signature Date

Adjudicator/s decision after review Date

Adjudicators Signature Date



## ATTACHMENT C – NOTIFICATION TO ADJUDICATOR OF COMPETITOR WITH DISABILITY

Competition: \_\_\_\_\_

I, the undersigned, have a child who requires accommodations at the above competition. \_\_\_\_\_

Disability (optional): \_\_\_\_\_

Parents / Guardians Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Mark the items in which the competitor requires accommodation on the following table. Include the nature of the requirement for accommodation. Do not include identifying or sensitive information.

**ONLY THIS SECTION IS TO BE HANDED TO THE ADJUDICATOR  
PRIOR TO THE COMMENCEMENT OF THE COMPETITION**

Competition: \_\_\_\_\_

Age Section: \_\_\_\_\_

Date: \_\_\_\_\_

A competitor requiring accommodation is performing in the following items: \_\_\_\_\_

Item	March	Clubs	Rods	Free Exercises	Aesthetic	Rhythmical Aesthetic	Song & Dance	Calisthenic Revue	Dance Arrangement
Item No.									

Nature of accommodation: \_\_\_\_\_

## 7. APPENDIX – SUMMARY OF BREACH OF RULES

Rule Area	Rule №	Rule Definition	Page №	Penalty
<b>1. OPERATIONAL &amp; ADMINISTRATION PROCEDURES</b>				
COMPETITION ENTRY	2.1.1	If proven breach of the age or registration rules the State/Club/Competitor, the State/Club/Competitor <b>will be disqualified from any item in which that member/s has/have competed.</b>	6	Disqualification
COMPETITION ENTRY	2.1.10	No competitor is permitted to compete with more than one Club in any one competition.	6	Disqualification
COMPETITION ENTRY	2.1.12	A competitor or team cannot compete in two (2) age sections in the same item.	6	Disqualification
COMPETITION ENTRY	2.1.13	Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies.	6	5 points
<b>2. GENERAL RULES</b>				
BANNED MOVEMENTS	0	Execution of a Banned Movements a) to p)).	9	Disqualification
PROMPTING	3.3.2.a)	Prompting competitors who are on stage during the performance of any item is strictly prohibited. In the first instance of prompting the Stage Manager will issue a warning. Second and subsequent occurrences at that competition <b>will each incur a Rule Breach: 5 point penalty.</b> Stage Manager and/or Chairperson will advise Adjudicators of the breach/es.	13	5 points

PROMPTING	3.3.2.b)	Musical instruments are considered to be part of the musical accompaniment and are not considered to be prompting. Clapping is not musical accompaniment and is considered to be prompting.	13	5 points
STAGE AREA	3.3.3.a)	Competitors must work within the working area of the stage (see Stage Area 1.n) for all items including entry/opening and exit/closing (refer Minimum Number Rule 3.4.1.	13	Refer Rule 3.4 Minimum Number
STAGE AREA	3.3.3.b)	Competitors may enter or exit the working area of the stage from the sides or back only	13	5 points
CURTAINS	3.3.4.a)	The front curtain may not be used in core items (except as per 3.3.4.b) and 3.3.4.c).	13	5 points
CURTAINS	3.3.4.d)	Legs (Black side curtains) must not be moved. If they are purposely moved a penalty will apply.	13	5 points
CURTAINS	3.3.4.g)	Lighting may only be used with the cyclorama in Aesthetic, Rhythmical Aesthetic, fancy items and all items using Minimal Rules.	14	5 points
MINIMUM NUMBER	3.4.1	The specified number of competitors must remain on stage and be visible throughout the item, excluding entry/opening and exit/closing. Minimum number may be exceeded.	14	5 points
MINIMUM NUMBER	3.4.2	Teams with less than the minimum number will incur a breach. Maximum of 1 less competitor permitted to perform.	14	5 points
MINIMUM NUMBER	3.4.3	If a team / competitor breaches more than one minimum number rule (i.e. Rules 3.4.1 and / or 3.4.2) in any item (including Solo, Duo and Trio Items), the item will incur a <b>maximum of 2 penalties of 5 points each.</b>	14	5 points

FALSE STARTS AND ITEM STOPPAGES	3.5.1	If a competitor/ team member makes a false start, a penalty is to be given, unless the Adjudicator/s is notified by the Stage Manager/Chairperson that the performance has been stopped for technical/technician error or safety reasons.	14	5 points
FALSE STARTS AND ITEM STOPPAGES	3.5.2	If the music has commenced and then is found to be incorrect, within the first 5 secs, no penalty will be incurred. If not, Rule Breach: 5 point penalty	14	5 points
SET UP/ REMOVAL TIME	3.6.1	Any breach of set up time rule will be advised by the Stage Manager.	12	5 points
STAGE DRESSING	3.7.2	Large props permitted in all fancy items and Minimal Rules.	12	5 points
STAGE DRESSING	3.7.3	Large props which remain entirely off the stage area prior to the start of an item or are visible only after the start of an item, may be used in any item.	<b>Error ! Boo kmar k not defin ed.</b>	5 points
SMOKE MACHINES	3.7.3	Smoke and fog machines may only be used in Aesthetic, Rhythmical Aesthetic, fancy items and when Minimal Rules are being used.	16	5 points
REMOTE DEVICES	3.7.4	Remote devices may not be used in Core items.	16	5 points
SAFETY REQUIREMENTS	3.8.1	No glass, ceramic, drawing pins or glass glitter to be used.	16	5 points
SAFETY REQUIREMENTS	3.8.2	Accessories must not be attached to any curtains in any way.	16	5 points
SAFETY REQUIREMENTS	3.8.3	If baled hay is used, it must be covered in plastic sheeting.	16	5 points
SAFETY REQUIREMENTS	3.8.4	Live animals not permitted	16	5 points

SAFETY REQUIREMENTS	3.8.5	Any additional Theatre Rules as set out in other documentation specific to individual theatres must be adhered to.	16	5 points
SAFETY REQUIREMENTS	3.8.6	Strobe and laser derived lighting not permitted for health and safety reasons.	16	5 points
SAFETY REQUIREMENTS	3.8.7	Lighted candles, sparklers, party poppers (definition: inside fire work – mini pyrotechnic) or such device using gunpowder or any naked flame or pyrotechnic devices not permitted.	16	5 points
<b>3. TECHNICAL RULES</b>				
AESTHETIC	5.1.1	No elevated dance steps permitted.	18	5 points
CALISTHENIC REVUE	5.2.2	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	18	5 points
CALISTHENIC REVUE	5.2.3	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	18	5 points
CLUB SWINGING	5.3.1.a)	The clubs must be clearly seen to come to a complete stop before changing the direction of a circle within a plane (EXCLUDES ENTRY/OPENING AND EXIT/CLOSING).	18	5 points
CLUB SWINGING	5.3.1.b)	The clubs must be clearly seen to come to a complete stop before changing the angle of the plane (EXCLUDES ENTRY/OPENING AND EXIT/CLOSING).	18	5 points
CLUB SWINGING	5.3.2	Each arm and club may swing independently of the other but on the same vertical plane (EXCLUDES ENTRY/OPENING AND EXIT/CLOSING).	18	5 points

CLUB SWINGING	5.4	Rules 5.3.1.a) & (b) and 5.3.2 do not apply during an interlude when technical club swings are not present.	18	
DANCE ARRANGEMENT	5.4.1	No singing except on recorded music.	18	5 points
RHYTHMICAL AESTHETIC	5.5.1	Elevated dance steps must be included.	18	5 points
SONG AND DANCE	5.6.1	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	18	5 points
SONG AND DANCE	5.6.2	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT permitted.	18	5 points