



ROYAL SOUTH STREET SOCIETY  
BALLARAT EISTEDDFOD

# Solo Auditions 2025

Competition & Technical Rules  
Incorporating ACF Flexible Eisteddfod Rules

**Calisthenics Solo    Saturday 14 June**  
**Graceful Solo      Sunday 15 June**

## **Auditions**

Founder's Theatre at the Caro Convention Centre  
Federation University, Mount Helen

## **Finals**

Her Majesty's Theatre  
17 Lydiard Street South, Ballarat

Calisthenics Solo	Friday 10 October
Graceful Solo	Saturday 11 October

Further Information Contact  
Events Co-ordinator  
Ph: (03) 5332 1054

Email: [admin@royalsouthstreet.com.au](mailto:admin@royalsouthstreet.com.au)

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

### **Entry Fees**

**Calisthenics Solo Auditions \$80**

**Graceful Solo Auditions \$80**

(plus myStage processing fee)

### **Optional Extra**

**DLP \$20 per section**

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.

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# OPENING NIGHT SUPPLIES

## CALISTHENIC SOLO

This item must have a balance of calisthenics physical work and dance.

Entries are open to participants graded in:

- Senior Open
- Senior Open Reserve
- Senior Championship
- 18 years Open

Entrants must be 18 years or over on the 31<sup>st</sup> December 2025, and a registered member of a club, competing in an ACF or CaliVic recognised team competition in at least two items during 2025. Entries will be via the RSSS entry portal, myStage.

Previous winners of the title are not eligible to participate.

Auditions will be held on **Saturday 14<sup>th</sup> June** 2024 (time to be confirmed) at Founder's Theatre, Federation University, Mount Helen.

The top 25 competitors as ranked by the panel of three adjudicators will be invited to perform at the final to be held on Friday 10<sup>th</sup> October.

Once assessing has been completed, all entrants will receive an email indicating whether or not they have progressed to the final. Results will not be announced on stage.

In the days following the audition, critique papers will be scanned and emailed to entrants. These will include comments only, with no score or ranking. \*

*Note:* This is at the request of adjudicators, who are required to give each performer a different score, ie. without equals. With approximately 60 entrants, even splitting everyone by ½ point results in some scores in the 70s and 80s, which is clearly not a true reflection of the elite standard we see at Royal South Street. Critique papers for the October final will include comments and score, but no ranking. There will be no announcement of points made for the placegetters, just the awards.

## **AWARDS - CALISTHENIC SOLO**

**AUDITIONS** Entrants will receive a gift, donated by the Royal South Street Calisthenics Committee members.

**FINAL** Prize money gift of Opening Night Supplies  
First \$1000, Second \$500, Third \$250

### **Trophies**

First Perpetual Trophy awarded to the winner, plus a trophy to retain

Winner's coach Perpetual Trophy awarded to the coach of the winner, donated by the Royal South Street Society

Second Donated by Opening Night Supplies

Third Donated by Opening Night Supplies

Honourable Mention Donated by the Australian Society of Calisthenics Adjudicators (ASCA), Victorian Branch

Highly Commended Donated by Opening Night Supplies

### **Sashes**

Awarded to the first, second, third, HM & HC placegetters. Donated by Liz and Callista Reed on behalf of the Reed family.

### **Medallions and Pins**

Presented to each finalist, donated by Cash's Awards Promotion Solutions (Leigh Szabo and Vin Formosa).

**Single Flower** Presented to each finalist, donated by Reus Flowers, Ballarat.



## GRACEFUL SOLO

This item must have a balance of aesthetic movement, elevated dance steps and dance.

Entries are open to participants graded in:

- Senior Open
- Senior Open Reserve
- Senior Championship
- 18 years Open

Entrants must be 18 years or over on the 31<sup>st</sup> December 2025, and a registered member of a club, competing in a CaliVic or ACF recognised team competition in at least two items during 2025. Entries will be via the RSSS entry portal, myStage.

Previous winners of the title are not eligible to participate.

Auditions will be held on **Sunday 15<sup>th</sup> June 2025** (time to be confirmed) at Founder's Theatre, Federation University, Mount Helen.

The top 25 competitors as ranked by the panel of three adjudicators will be invited to perform at the final to be held on Saturday 11<sup>th</sup> October.

Once assessing has been completed, all entrants will receive an email indicating whether or not they have progressed to the final. Results will not be announced on stage.

In the days following the audition, critique papers will be scanned and emailed to entrants. These will include comments only, with no score or ranking. \*

*\*Note:* This is at the request of adjudicators, who are required to give each performer a different score, ie. without equals. With approximately 60 entrants, even splitting everyone by ½ point results in some scores in the 70s and 80s, which is clearly not a true reflection of the elite standard we see at Royal South Street. Critique papers for the October final will include comments and score, but no ranking. There will be no announcement of points made for the placegetters, just the awards.

## **AWARDS - GRACEFUL SOLO**

**AUDITIONS** Competitors will receive a gift, donated by the Royal South Street Calisthenics Committee members.

**FINAL** Prize money gift of Couture Costumes Dancewear  
First \$1000, Second \$500, Third \$250

### **Trophies**

**First** **Renee Knight Memorial Perpetual Trophy**  
Donated by Sovereign Calisthenics College, Ballarat. This trophy is presented in memory of Renee who competed in the RSSS Graceful Solo in 1995, 1996 (Honourable Mention), 1999 and 2000. The winner also receives a trophy to retain.

**Winner's coach** **Sandra Iddles Memorial Perpetual Trophy**  
Donated by friends of Sandra, whose mother, Vera Binstead, started Benteigh Calisthenics where Sandra later taught for many years.

**Second** Vera Hopton Memorial Trophy, donated by Clifton Old Collegians

**Third** Donated by Couture Costumes Dancewear

**Honourable Mention** Donated by Carwen Calisthenics in memory of Ray Benn, Stage Manager at RSSS for many years.

**Highly Commended** Donated by the Australian Society of Calisthenics Adjudicators (ASCA), Victorian Branch

### **Sashes**

Awarded to the first, second, third, HM & HC placegetters. Donated by Liz & Callista Reed on behalf of the Reed family.

### **Medallions**

Presented to each finalist. Donated by Julie Fox and Helen Barclay, adjudicator and writer respectively, who have worked together for many years.

### **Single Flower**

Presented to each finalist, donated by Reus Flowers, Ballarat.



**Please read all rules carefully. ACF Flexible Eisteddfod rules apply.**

**Royal South Street Society  
Calisthenics Solo & Graceful Solo Auditions**

**COMPETITION RULES**

**1. Entries**

- a) Must be submitted via the myStage entry system on or before the closing date.
- b) The entrant must be the name of the performer, NOT a parent.**
- c) Any application for a late entry **must** be in writing to [admin@royalsouthstreet.com.au](mailto:admin@royalsouthstreet.com.au), and will incur a \$50 late entry fee. Acceptance of late entries is not guaranteed. Please refer to [Refunds, Withdrawals and Late Entry](#).
- d) Correct entry details rest with the entrant; any amendment requests should be sent to [admin@royalsouthstreet.com.au](mailto:admin@royalsouthstreet.com.au).
- e) A confirmation email will be generated, and it will be the competitor's responsibility to confirm all details of the entry are correct. Please check your junk mail folder if you do not receive a confirmation email. The Royal South Street Society (hereafter RSSS) is not liable for entries lost through failed electronic transmission or incorrectly submitted online entries.
- f) Entries must be paid in full at time of entering.
- g) If a query is raised on age/registration, the competitor concerned will be requested to produce a Birth Certificate/Proof of Registration within 7 days. If proven that they have breached registration the competitor will be disqualified from any section in which that member has appeared.
- h) A competitor will only be permitted to work out of programmed order under extenuating circumstances.

**2. Competition Entry Disclaimers**

- a) **Copyright:** Entrants declare that all necessary licences for copyright have been obtained and only originals or licenced copies will be used in accordance with copyright laws and agreements. Failure to comply with the copyright conditions and procedures outlined on the RSSS website will result in the entrant being unable to compete.
- b) **Risk:** The RSSS is insured for public liability which does not comprehensively cover injury to performers, and that individuals must ensure they are registered and adequately covered by their state body whilst performing in these competitions.

**3. Non-Appearance**

- a) At least 24 hours' notice must be given of a pending non-appearance for reasons other than illness.
- b) A minimum of two hours' notice must be given if withdrawal is due to illness.

**4. Refunds**

- a) No refunds will be given after entries close, with the exception of 4(b).
- b) Performers who withdraw from a final are not eligible for any refund. Refer 1c.

## 5. Photography & Videography

- a) The RSSS has appointed **OSM Live** as official videographers to record performances at auditions. Both photos and videos for finals can be purchased by competitors via a [link and access code to be supplied](#).
- b) We encourage all schools/group/clubs to assist us to promote the performing arts and the RSSS Eisteddfod. The Royal South Street Society reserves the right to promote our core business (eisteddfod) for marketing and sponsorship which is critical to the ongoing promotion of the performing arts and our success. As such we must take and share professional photographs and/or video footage of various performers on our stage for all our disciplines. It is impossible for us to check with every school, for group/school/club photography consent for every single performer on our stage. Therefore, it is the responsibility of the school/group/club to inform us prior to the discipline competition commencing, if the school/group cannot be photographed for any reason. As per our Child Safe Policy, consent can be advised or withdrawn throughout the competition, but the onus to do so is on the school. Parents/carers are given an opportunity to provide consent for individual entries when they enter as individuals/soloists.
- c) In support of [Child Safe Standards](#), Royal South Street Society provides parents/guardians/teachers and entrants (over the age of 18) an advance option (for consent or non-consent) for children (under the age of 18) to be photographed (as per the following clauses) upon initial eisteddfod registration, and the reminder and/or opportunity to review their decision periodically (in case circumstances change or the child in question would prefer not to be photographed). Royal South Street Society reserves the right to use this initial and ongoing consent information to guide the following photography, videography and image use on an annual eisteddfod basis:
  - d) Any such photograph, recording or broadcast may be used at RSSS's discretion 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.
  - e) No photography or videography of any kind or any mobile device is permitted in the dressing rooms by any participant, teacher, supporter, RSSS staff member or stakeholder.
  - f) No remuneration or compensation whatsoever shall be attributable to any participants so featured in promotional publications or material.
  - g) Should the entrant have any personal or legal reasons which would preclude them from this, Royal South Street Society should be notified upon entry, or throughout the competition season. Consent can be withdrawn via this form; [Withdraw My Consent](#)
  - h) Royal South Street Society may publicise the name, profile and photograph of an entrant in eisteddfod publications and results, via electronic, social and printed media at its discretion

## 6. Cameras, Video Recorders and Mobile Devices

- a) The use of these by audience members during a performance is strictly prohibited. Performances are copyright and no recording of performances is permitted by any member of the audience or coaches.
- b) Mobile devices must be switched to silent while in the auditorium. Offenders may be removed from auditorium and recording deleted.
- c) Lights of any form (including light up pens and mobile phone torches) must not be used during a performance.

## 7. Electrical Equipment

- a) Any electrical lead used must have a current safety compliance tag.
- b) No single insulated cable is permitted to be connected to any theatre power source. This applies to all voltages including extra low voltage (under 32 volts).

## 8. Child Safe Standards

- a) All persons attending RSSS competitions should have read the current [Child Safe Policy](#). As indicated in this policy, all persons over 18 entering the Dressing Rooms or Back Stage areas will need to show their Working With Children Card or equivalent.

## 9. Safety

- a) In the event of an injury to a competitor, the Stage Manager and/or coach have responsibility for stopping the item. Should that not be forthcoming, the adjudicators have the right to stop the performance (by ringing their bell).
- b) All patrons must observe directions given by theatre personnel, RSSS staff or volunteers.
- c) In the event of a theatre evacuation, patrons should comply with directions from theatre staff, RSSS staff and trained ushers.

## 10. Registration

- a) Theatre opens 45 minutes prior to advertised start time.
- b) Entrants or their coach must register on arrival at the theatre.
- c) Registration for auditions will be open throughout the day, to account for performers appearing towards the end of the section.

## 11. Adjudication & Results

- a) There will be a panel of three adjudicators at both the auditions and finals.
- b) The committee reserves the right to appoint a substitute adjudicator if necessary. Despite our best efforts, there is no guarantee that an adjudicator has not adjudicated some competitors earlier in the year.
- c) Assessment via software will be completed by RSSS Calisthenics Committee members, overseen by an ASCA (Vic) representative.
- d) All entrants will be notified of the audition results via email.
- e) Critiques from auditions will contain comments only, without points or ranking, and will be emailed to entrants in the days following the auditions.
- f) Finalists' names will be published in full on RSSS social media.
- g) Critiques from the finals will include comments, points, a ranking of 1-10 (if attained), and will be available for collection at the conclusion of the presentations.
- h) Results will not be discussed with coaches or competitors.
- i) Any communication between a competitor and the adjudicators is prohibited, whether in person, by phone or via electronic means.

## 12. Conditions

- a) Competitors acknowledge that they have read and agree to abide by these conditions of the competition.
- b) The decision of the RSSS Calisthenics Committee and/or board in all questions or disputes arising out of or not provided for by these conditions shall be final.
- c) No dispute shall become the subject of any appeal at law.

## TECHNICAL RULES

Please read the following rules carefully, with specific attention to banned movements, time limits and use of props, which have been agreed to by the ACF. You will be required to confirm your understanding of these rules when you enter, and no allowance will be given during the competition for any rule breaches because you were unaware.

Each rule breached (as defined by this document) will result in a **5 point penalty** unless otherwise specified. The actual deduction of the points will be carried out by the adjudicators.

### 13. Music / Time Limits

- a) Music files are to be in **mp3** format. Other formats will not be accepted.
- b) Music/DLP files are to be in **mp4** format. Other formats will not be accepted.
- c) ***All music files and lighting sheets must be uploaded to MyStage by Friday 23 May.***
- d) Time limit is determined by music track length. Anything outside these times will be considered a breach of rules and will incur a 5-point deduction.  
Minimum: 2 minutes 30 seconds  
Maximum: 3 minutes 45 seconds.

### 14. Banned Movements

Execution of a banned movement will result in **disqualification**. The following movements are banned:

- a) Any gymnastic movement originating from a run-up and/or spring, including but not limited to:
  - \* Cartwheel with run-up
  - \* Dive-roll
  - \* Spring into handstand
  - \* Spring into walkover
  - \* Round-off
  - \* Handsprings
  - \* Headsprings

**\* Note: a hop MAY be executed prior to a side aerial**
- b) 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
- c) Front (Forward) Aerial.

## 15. Props, Stage Dressing & Remote Devices

- a) No helium balloons, naked flames, sparklers, aerosol spray, glass or ceramic items, or exploding devices allowed. **Rule Breach: 5 point penalty**
- b) No glitter or confetti of any description (paper, fabric, plastic, etc) is to be thrown on stage. **Rule Breach: 5 point penalty.**
- c) Live animals are not permitted. **Rule Breach: 5 point penalty**
- d) Performer/hand props are anything that can be carried by one person and does not require a sandbag to be stable on stage. They may be placed on stage prior to item commencing, or handed to performer from wings during performance, and may be left on the stage at the conclusion of the item.
- e) Stage dressing includes anything deemed to be placed on stage prior to the commencement of or during the item (props, scenery, modules, drums, ramps, platforms). Permitted.
- f) 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.
- g) Props and scenery must be made to stand safely, taking into account any rake on the stage. If there are any safety concerns, they will be removed from the stage at the discretion of the Stage Manager and/or Duty Technician.
- h) Nothing is to be attached to stage curtains in any way. **Rule Breach: 5 point penalty.**
- i) If baled hay is used, it must be covered in plastic sheeting. **Rule Breach: 5 point penalty.**
- j) Remote devices not permitted. A remote device is a moving object (eg. car) that is controlled by the use of radio or electronic signals. **Rule Breach: 5 point penalty.**
- k) 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.**
- l) Masks are permitted but the safety and health elements must be the responsibility of the coach.
- m) Any additional Theatre Rules as set out in other documentation specific to individual theatres must be adhered to. **Rule Breach: 5 point penalty**

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

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

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Lighting, DLP & Blackout Opening/Closing	Yes
<b>Front Curtain</b>	<b>No</b>
<b>Mid Curtain</b>	<b>No</b>
<b>Scrim Curtain</b>	<b>No</b>
Cyclorama / Standard Back Curtain	Yes
<b>Stage Dressing</b>	<b>Yes</b>
Haze/Fog/Smoke Machine/ Dry Ice	Yes (available HMT/finals only)
<b>Remote Devices</b>	<b>No</b>
Masks	Yes
<b>Pointe Work / Pointe Shoes</b>	<b>No</b>

**16. Stage Area & Curtains**

- a) The stage at Founders Theatre is 10m wide, 8.1m deep to black curtain, and 9.5m deep to cyc. More detailed [stage dimensions](#) can be found on the RSSS website. Taped side lines clarify stage area. Front and back lines are for safety purposes only. The apron area in front of the marked line is not well lit.
- b) Stage will be marked for nine (9) downspots.
- c) Side stage is accessible to performers and coaches only, and representatives of RSSS required to conduct the competition.

**17. Lighting & Fog/Haze**

- a) Lighting – Blackout permitted at start and finish of item. DLP and full lighting will be permitted at solo auditions and finals. Plotting is not available for either auditions or finals. A maximum of 12 cues are allowed (not including preset/start and final blackout), with up to 3 lighting changes per cue. A detailed list of lighting available at Founders Theatre is below. A follow spot is available, though a mandatory training session will be held prior to the commencement of the audition for those who have not used it before. **The name of the follow spot operator must be included on your lighting cue sheet.**
- b) RSSS [Lighting sheet](#) must be used (available on the RSSS website).
- c) Fog/haze is **not** available at solo auditions. Finalists can request fog/haze via myStage. No requests on day of performance.
- d) Strobe and laser derived lighting not permitted for health and safety reasons. **Rule Breach: 5 point penalty.**

### Available Lighting – Founders Theatre

<b>Blinders</b>	P and OP sides
<b>Decal</b>	dappled effect over stage with or without stage wash
<b>Centre special</b>	larger spot over spot 5, considered part of one lighting cue
<b>Chase</b>	can be applied to stage wash, cyc colour or spots
<b>Colours – Stage, cyc &amp; side lights</b>	red, green, amber, yellow, pink, purple, aqua, light green, blue and white (no variations to these allowed). Front of house/face light is included unless indicated.
<b>Curtain special</b>	lights page at centre of back curtain, considered part of one lighting cue
<b>Follow spot</b>	Operators must be suitably qualified. Your operator <b>MUST</b> see the Duty Tech prior to section starting for training/run through. Failure to do this will mean you cannot use the follow spot.
<b>Kick lights</b>	downstage white strip
<b>Mirror ball</b>	can be spinning or still
<b>Stage spots</b>	9 spots, each change of combination of downspots is considered part of one lighting cue
<b>UV light</b>	only works with blackout

### 18. Technical Faults & Technician Error

- a) A technical fault is defined as an equipment failure that affects the music or visibility of the competitor.
- b) A technician error is defined as an incorrect blackout or curtain movement **performed by a theatre technician** that impacts the competitor's safety.
- c) Responsibility for making a technical fault or technician error will lie with the Stage Manager / Chairperson in consultation with the coach.
- d) 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.**

In the event of a technical fault, either at the start of or during a performance (music, curtain, major lighting error), the competitor may repeat their performance and be eligible for a place without penalty. The repeat performance may be done immediately or after the following item, at the discretion of stage manager/ coach/performer.

### 19. False Starts & Item Stoppages

- a) If a competitor makes a false start, and the Stage Manager/Chairperson notifies the adjudicators that it is not a technical/technician error or for safety reasons. **Rule Breach: 5 point penalty**

- b) Minor accidents which occur due to choreography, hand-held props or costume design are not a reason to stop an item. Only the ultimate safety of the competitor is to be considered.
- c) 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 performer may re-present their item and will be eligible to be awarded a place.
- d) 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 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 once the hazard has been cleared.
- e) If a competitor leaves the stage before the completion of their performance for a reason other than rule c) (injury), d) (safety reason), a technical fault and/or technician error, they have the option of repeating the performance, however is ineligible to gain a place. The critique papers are to be provided without deduction.
- f) If a competitor 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 is eligible to gain a placing.

## 20. Right of Review

A right of review is applicable to all breaches, excluding timing penalties. (In the case of timing penalties coach will receive a penalty sheet, stipulating they have no right of review). A review can only be requested by the coach of the soloist receiving the penalty sheet.

When adjudicators have applied a penalty, the following process is to be followed:

- a) Results of the section will be deferred, pending the outcome of the review process.
- b) RSSS representative to collect penalty slip from adjudicators and hand to coach at the end of the section. Slip must specify rule number and/or banned movement. Coach to either:
  - (i) accept the ruling – coach signs the relevant section on the penalty sheet and returns the sheet to the competition official; OR
  - (ii) reject the ruling - coach completes the appropriate section on the penalty sheet requesting a review and returns it to the Competition Official.

If coach rejects the penalty and requests a review, this takes place as follows:

- a) Review panel will consist of the adjudicators, RSSS competition official, and video operator (to slow, pause video etc.).
- b) The review must be conducted in a private and closed environment to ensure confidentiality.



- c) Adjudicators watch the video, define the breach and discuss interpretation.
- d) Adjudicators decide to uphold or dismiss the breach.
- e) Adjudicators advise the competition official to notify the coach of the final decision which must be recorded on the penalty sheet.
- f) RSSS should hold these penalty sheets until the end of the competition year and then be destroyed.

The coach may request to meet the adjudicators to discuss the reason behind the penalty (excluding timing penalties), at the conclusion of the competition, whether the breach was accepted or not. The purpose of this meeting is educational only and will not change the decision. A representative of RSSS is to be present at the requested discussion and is to act as an observer but not participate in the discussion.