



ROYAL SOUTH STREET SOCIETY
BALLARAT EISTEDDFOD

Solo Auditions 2026

Competition & Technical Rules
Incorporating ACF Flexible Eisteddfod Rules

Calisthenics Solo Saturday 13 June
Graceful Solo Sunday 14 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 09 October
Graceful Solo	Saturday 10 October

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

Email: 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's Ballarat Eisteddfod, 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 Sunday 01 March 2026

Entries Close: 5pm Sunday 05 April 2026

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 WinkipoP Media.

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CALISTHENIC SOLO

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

Entries are open to participants with a solo grading in:

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

Entries will be via the RSSS entry portal, myStage, and entrants must be:

- 18 years or over on the 31st December 2026
- a registered member of a club
- competing in at least two items at an ACF/CalVic recognised team competition in 2026.

Previous winners of the title are not eligible to participate.

Auditions will be held on **Saturday 13 June 2026** (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 09 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. with no equal placings. Critique papers for the October final will include comments, points and ranking. There will be no announcement of points made for the placegetters.

AWARDS - CALISTHENIC SOLO

AUDITIONS

Entrants will receive a gift, donated by Royal South Street Society.

FINAL

First	\$1000 supported by Couture Costume Dancewear 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	\$500 and trophy, supported by Craig's Royal Hotel
Third	\$250 and trophy, supported by Craig's Royal Hotel
Honourable Mention	Trophy, supported by the Australian Society of Calisthenics Adjudicators (ASCA), Victorian Branch
Highly Commended	Trophy, supported by Craig's Royal Hotel

Sashes

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

Medallions and Pins

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

Single Flower Presented to each finalist, supported 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

Entries will be via the RSSS entry portal, MyStage, and entrants must be:

- 18 years or over on the 31st December 2026
- a registered member of a club
- competing in at least two items at an ACF/CaliVic recognised team competition in 2026.

Previous winners of the title are not eligible to participate.

Auditions will be held on **Sunday 14 June 2026** (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 10 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. with no equal placings. Critique papers for the October final will include comments, points and ranking. There will be no announcement of points made for the placegetters.

AWARDS - GRACEFUL SOLO

AUDITIONS

Entrants will receive a gift, donated by Royal South Street Society.

FINAL

First	\$1000 supported by Couture Costumes Dancewear 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 Bentleigh Calisthenics where Sandra later taught for many years.
Second	\$500 supported by Craig's Royal Hotel Vera Hopton Memorial Trophy, supported by Clifton Old Collegians
Third	\$250 and trophy supported by Craig's Royal Hotel
Honourable Mention	Trophy, supported by Carwen Calisthenics in memory of Ray Benn, Stage Manager at RSSS for many years.
Highly Commended	Trophy, supported by the Australian Society of Calisthenics Adjudicators (ASCA), Victorian Branch

Sashes

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

Medallions

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

Single Flower

Presented to each finalist, supported 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 by the closing date.
- b) Entrant must be the performer, NOT parent.**
- c) Any application for a late entry **must** be sent to admin@royalsouthstreet.com.au, and will incur a \$50 late entry fee. Acceptance of late entries is not guaranteed.
- d) Entrants are responsible for providing correct details and checking all correspondence emails.
- e) Entries must be paid in full at time of entering.
- f) Proof of age/registration must be provided within 7 days if requested. Any breach will result in disqualification.
- g) A competitor will only be permitted to work out of programmed order under extenuating circumstances.

2. Competition Entry Disclaimers

- a) **Copyright:** Entrants must hold required licences. Failure to comply with the copyright conditions will result in the entrant being unable to compete.
- b) **Risk:** RSSS public liability does not cover injury to performers. 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. Please email admin@royalsouthstreet.com.au or phone 5332 1054 in each instance.

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.

5. Recording & Videography

- a) The use of recording devices by audience members during a performance is strictly prohibited. Offenders will be removed from the auditorium and recording deleted.
- b) No photography or videography of any kind is permitted in shared dressing rooms.
- c) Official videographers WinkiPoP have been appointed in adherence with the requirements of the [ACF Safeguarding Children and Young People Policy](#), and the [RSSS Child Safety Policy](#).
- d) RSSS may record performances for promotional, marketing and reporting purposes. Entrants must notify RSSS in advance if they do not consent to this.

6. 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).

7. Child Safe Standards

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.

8. Safety & Conduct

- a) If a competitor is injured on stage, the Stage Manager, coach or adjudicator have the right to stop the performance.
- b) All patrons must observe directions given by theatre personnel, RSSS staff or volunteers.
- c) Mobile phones must be switched to silent while in the auditorium and side stage.
- d) Lights of any form (including light-up pens and mobile phone torches) must not be used during a performance.

9. 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.

10. 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. 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 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 are final and not open to discussion.

11. Conditions

- a) Competitors acknowledge that they have read and understand these rules.
- 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 deduction of points will be carried out by the adjudicators.

Graceful Solo: Item must demonstrate a balance of aesthetic movements and dance, which must include elevated steps.

Calisthenic Solo: Item must have a balance of calisthenic physical work and dance, which must include elevated steps.

13. Music / Time Limits

- a) Music : **mp3** format only
- b) Music/DLP: **mp4** format only.
- c) ***All music files and lighting sheets must be uploaded by Friday 22 May.***
- d) Time limit 2:30 – 3:45 music track length. **Rule breach: 5 point penalty.**

14. Banned Movements

Execution of the banned movements listed below will result in **disqualification**.

- 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
 - * Handspring
 - * Headspring

*** 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, streamers, 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) Nothing is to be attached to stage curtains in any way. **Rule Breach: 5 point penalty.**
- e) Baled hay must be covered in plastic sheeting. **Rule Breach: 5 point penalty.**
- f) 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.**
- g) Lighted candles, sparklers, naked flames, party poppers or such device using gunpowder, or pyrotechnic devices not permitted. **Rule Breach: 5 point penalty.**
- h) Stage dressing is permitted and includes anything deemed to be placed on stage prior to the commencement of or during the item (props, scenery, modules, drums, ramps, platforms). 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.*
- i) Performer/hand props must be carried by one person and do not require a sandbag or locking wheels for stability (taking into account the rake of the 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. If there are any safety concerns, they will be removed from the stage at the discretion of the Stage Manager and/or Duty Technician.
- j) Props and scenery must be made to stand safely (again, taking into account the rake of 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.
- k) Masks are permitted but the safety must be the responsibility of the coach.

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.

17. Lighting & Fog/Haze

- a) Lighting – DLP and full lighting will be permitted at solo auditions and finals, including blackout start/finish. A maximum of 12 cues allowed (not including preset/start and final blackout), with up to 3 lighting changes per cue. Founders Theatre lighting listed below. A follow spot is available, with a mandatory training session 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](#) is available on the RSSS website.
- c) *Fog/haze* is not available at solo auditions. Finalists can request fog/haze via the entry portal, on lighting sheet, or at registration on day of competition.
- d) Strobe and laser derived lighting not permitted for health and safety reasons. **Rule Breach: 5 point penalty.**

Available Lighting – Founders Theatre

Blinders	P and OP sides
Decal	dappled effect over stage with or without stage wash
Centre special	larger spot over spot 5, considered part of one lighting cue
Chase	can be applied to stage wash, cyc colour or spots
Colours – Stage, cyc & side lights	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.
Curtain special	lights page at centre of back curtain, considered part of one lighting cue
Follow spot	Operators must be suitably qualified. Your operator MUST see the Duty Tech prior to section starting for training/run through. Failure to do this will mean you cannot use the follow spot.
Kick lights	downstage white strip
Mirror ball	can be spinning or still
Stage spots	9 spots, each spot change is considered part of one lighting cue (maximum 3 per cue)
UV light	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 declaring a technical fault or technician error will lie with the Stage Manager / MC in consultation with the coach.
- d) If the music has commenced and then is determined to be incorrect, within the first 5 seconds of play, 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 performance may be repeated immediately or after the following item, at the discretion of stage manager/coach/performer.

19. False Starts & Item Stoppages

- a) Occurs when 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 competitor 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 rules 18(a) technical fault, 18(b) technician error, 19(c) injury or 19(d) hazard, they have the option of repeating the performance, but will be 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 technical fault, technician error, injury or hazard, they have the option of repeating their performance and are eligible to gain a placing.

20. Penalties & Right of Review

If a penalty is applied, the competition official will collect the slip from the adjudicators and hand it to coach, who must sign to either (i) accept the ruling, or (ii) reject the ruling and request a review (no review applies to timing penalties). Penalty slip must specify rule number and/or banned movement.

The video review will be conducted privately by adjudicators (with competition official present to observe). Adjudicators will make final decision and record it on the penalty sheet, and competition official will notify the coach.

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