



ROYAL SOUTH STREET SOCIETY
BALLARAT EISTEDDFOD

Australian Calisthenics Competitions

Competition & Technical Rules
Incorporating ACF Flexible Eisteddfod Rules

04 -30 October 2026

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. From 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 1 March 2026

Entries Close: 5pm Sunday 5 April 2026

NO LATE ENTRIES ACCEPTED

Entry Fees (per item performance)

Tinies	\$75
Sub-Juniors	\$80
Juniors	\$85
Intermediates, Seniors & Masters	\$90

(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 WinkiPoP Media.

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1. DEFINITIONS

- a) **Club** means Club or College.
- b) **Coach** means a person who has attained Development or Advanced (CaliVic) or Level 1 or 2 (ACF) coaching accreditation in accordance with 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. Confidentiality Agreement applies.
- e) **Competition Sub-Committee** refers to the volunteers of the Calisthenics Committee established by the Royal South Street Society, in accordance with its Constitution, for the purpose of convening and administering the 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/MC and Coach (refer to section 3.5 'False Starts and Item Stoppages').
- h) **Interlude** means a brief interval that acts as a pause or break between technical club swings.
- i) **Items**
 - i. Core Items – Figure March, Club Swinging, Rod Exercises, Free Exercises, Aesthetic and Rhythmical Aesthetic.
 - ii. Fancy Items – Song and Dance, Calisthenic Revue and Dance Arrangement.
- j) **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.
- k) **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.
- l) **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.

- m) **Stage Area**
- i. The working area of the stage, including the area between the back curtain and cyc.
 - ii. Taped side-lines clarify the stage area.
 - iii. Markings will be placed in the “windows” for all sections.
 - iv. Front and back lines are for safety purposes only. The apron area is not lit.
 - v. Legs (Black side curtains) should abut sidelines where possible. Stage markings for ‘down spot lighting’ allowed.
- n) **State Association** means CaliVic or an ACF affiliated entity from any other state or territory.
- o) **Stage Dressing & Props**
- i. Performer/hand props – a prop that can be carried onto the stage by a single performer (no coach assistance), is hand held or self-supported and does not require stabilisation, eg. sandbag, locking wheels, etc. May include modules, drums, platforms, fabric. Performer/hand props may be placed on stage in blackout prior to or after commencement of the item. This rule is overseen by the Stage Manager/MC.
 - ii. Large props – a prop that cannot be carried by one performer and may require sandbags or locking wheels to be set on stage, eg. scenery.
- p) **Stage Manager/MC** is the competition official responsible for calling a technical fault or technician error in consultation with the coach.
- q) **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 / MC in consultation with the coach.
- r) **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 Division 3 (combined competition) |
| Sub-Juniors | Championship, Championship Reserve, Premier, Divisions 1 to 5 (Vic. teams should enter according to NW/SE split) |
| Juniors | Championship, Championship Reserve, Premier, Divisions 1 to 8 |
| Intermediates | Premier to Division 8 |
| Seniors | Premier to Division 8 |
| Masters | Premier to Division 6 |
- 2.1.4. **Interstate teams** Teams who did not compete at RSSS in 2025 should forward 2025 videos of Free Exercises, Clubs and Aesthetics/Rhythmical Aesthetics to RSSS Dropbox [Click here to submit your RSSS Ungraded Videos](#) (Clearly name them with Club, item and section) by **Sunday 22nd March**. Once notified of your grading, please enter your teams via the myStage portal by the closing date.
- 2.1.5. If there is a significant reason you cannot compete on a particular date, please email 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 one (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.
- 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. No competitor is permitted to compete with more than one Club in any one competition. **Rule Breach - disqualification.**
- 2.1.10. At registration, the Coach is to provide a list of team members' and coaches names, to comply with theatre Occupational Health and Safety Requirements. Coaches should also complete and provide TWO copies of our Tech Sheet (available on website).
- 2.1.11. A competitor or team cannot compete in two (2) age sections in the same item. **Rule Breach - disqualification.** See also Rule 3.1.2.
- 2.1.12. If a query is raised on ages/registrations, the Club concerned may be requested to produce a Birth Certificate/Proof of Registration within seven (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.**
- 2.1.13. 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 GP/obstetrician (dated within the previous four weeks) to the competition official at 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:

1 st Place	2 nd Place	3 rd Place	HM	HC
6 points	4 points	2 points	1 point	0.5 points

- 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 1st, 2nd or 3rd. 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 Development or 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. PENALTIES & RIGHT OF REVIEW

- 2.5.1. A Right of Review applies to banned movements and technical rules and is only available when the performance has been recorded by the official videographer.
- 2.5.2. The coach will be notified of the penalty prior to the end of the section, specifying rule number/banned movement, and results will be deferred pending the outcome of the review process.
- 2.5.3. Coach to sign relevant section of penalty sheet, either accepting the ruling, or requesting a review, and returns it to the competition official.

- 2.5.4. If a review is requested, the adjudicator(s) will view the video in a private space, with the competition official present.
- 2.5.5. In the case of timing penalty, the coach will be notified using the Penalty Sheet, stipulating they have no right of review.
- 2.5.6. 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 affect the decision. A competition official is to be present at the 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. Mobile devices must be switched to silent while in the auditorium and side stage.
- 2.6.3. Lights of any form (including light up pens and mobile phone torches) must not be used during a performance.
- 2.6.4. No photography or videography of any kind, including by any mobile device, is permitted in dressing rooms.
- 2.6.5. 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](#).
- 2.6.6. RSSS may record performances for promotional, marketing and reporting purposes. Teams must notify RSSS in advance if they do not consent to this, in line with Child Safe Policy.

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 on entering if you have a team member who requires a separate dressing area (see 2.8.1 e).**

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. All rubbish must be put in bin.

- 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. **Helium-filled balloons are not permitted in dressing rooms (or on stage).**
 - 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).
 - e) Clubs competing with males Junior age and older must notify RSSS on entry to facilitate appropriate dressing facilities.
 - f) Parents are to vacate dressing rooms prior to commencement of competition. There is NO access backstage until the competition has finished. Competitors should arrange to meet parents in foyer or outside the theatre during any breaks if necessary.
- 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 must be supervised in the theatre at all times.
- 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 foyer or 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**

Any person over the age of 18 who is backstage must carry a valid WWCC/VIT card at all times. 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 coaches/assistants). Extra passes may be available where there are more than two teams though this is at the discretion of RSSS staff/calisthenics committee and is dependent on occupancy numbers.

Dressing Room: It is encouraged that wherever possible, coaches and/or assistants act as dressers for their team members, rather than parents. Extra dressing room passes may be issued but these do not allow access to auditorium.

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. Age is taken from 31 December in the year of competition.

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
Masters	26 years and over

3.1.2 A maximum of six (6) competitors may work up one age group for the following items:

- Tinies may appear in Sub-Juniors March, Clubs, Song & Dance.
- Sub-Juniors may appear in Juniors Calisthenic Revue.
- Juniors may appear in Intermediates Rhythmical Aesthetic & Dance Arrangement.
- Intermediates may appear in Senior Dance Arrangement, provided they meet the Senior age minimum of 16 years.

No competitor is permitted to work in a younger age group, and Seniors may not work in Masters for any item.

3.2. MASTERS

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.

3.3. 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: **Note: A hop MAY be executed prior to a SIDE aerial.**
 - Cartwheel with a run-up
 - Dive-roll
 - Spring into handstand
 - Spring into walkover
 - Round-off
 - Hand springs
 - Head spring
- 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 (static pose).
- 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 MC 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 a 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.j) for all items including entry/opening and exit/closing.
- 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 is 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 all Tinies items.
 - ii. For Aesthetic, Rhythmical Aesthetic items, Song & Dance, Calisthenic Revue & Dance Arrangement
 - iii. For all Champ Sub-Juniors, Champ Juniors, Premier Intermediates, Premier Seniors and Premier Masters items.
- c) A mid-curtain can be used without penalty:
 - i. For fancy items (Song & Dance, Calisthenic Revue, Dance Arrangement)
 - ii. Championship Juniors and Premier Seniors (all items).
- d) The scrim can be used in all Champ Junior and Premier Senior items. It will be hung on the front bar, directly behind house curtain. Competitors will not be able to stand in front of this.
- 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. *Note: The centre two legs on each side may be lifted (by curtain operator) for Intermediate, Senior and Masters March items only. Coach to request this on entering stage area.*
- f) Other curtains, including cyclorama and standard back curtain are permitted subject to Item Rules.

3.3.5 LIGHTING

Blackout at entry and exit are permitted in all items, all ages. Competitors should enter the stage area and settle quickly. Full stage lighting/DLP may only be used with the cyclorama in Aesthetic, Rhythmical Aesthetic, Song & Dance, Calisthenic Revue, Dance Arrangement, and all items which allow full lighting (Championship Juniors, Premier Intermediates, Premier Seniors, Premier Masters). **Rule Breach: 5 point penalty.**

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. **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 breaches more than one minimum number rule (i.e. Rules 3.4.1 and/or 3.4.2) in any item, 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 makes a false start, **Rule Breach: 5 point penalty** to be made, unless the Adjudicator/s is notified by the Stage Manager/MC 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 has responsibility for stopping that item. Should that action not be forthcoming adjudicators have the right to stop the performance. The adjudicator/s will ring the 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 has 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 and be eligible for placing.
- 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 (excluding Aesthetics/Rhythmical Aesthetics)
- 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. **Rule Breach: 5 point penalty**

Tinies		Sub-Juniors	
Core Items	1:30 – 2:45	Core Items	1:30 – 2:45
Song & Dance	1:30 – 3:15	Song & Dance	1:30 – 3:15
Juniors		Intermediates	
Core Items	2:00 – 3:15	All Items	2:15 -3:45
Calisthenic Revue	2:00 – 3:45		
Seniors		Masters	
All Items	2:15 – 3:45	All items	2:00 – 3:45

3.7. STAGE DRESSING, PROPS, FOG/HAZE MACHINES AND REMOTE DEVICES

Refer to Definitions, 1(o).

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.

3.7.2 Large props at preset are permitted in Fancy items and all items in Champ Juniors and Premier Seniors. 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. **Rule Breach: 5 point penalty**

3.7.3 Large props brought onto the stage **after the item begins** are permitted 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
Champ Sub-Jnrs	Yes, all items	All items, <1m in depth	Yes
Sub Juniors	Yes, all items	Song & Dance only	Yes
Champ Juniors	Yes, all items	All items	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

3.7.4 Fog/haze machine may only be used in Aesthetic, Rhythmical Aesthetic and Fancy items, and all Champ Junior and Premier Seniors items. **Rule Breach: 5 point penalty.**

- 3.7.5 Remote devices may only be used in Song & Dance, Calisthenic Revue, Dance Arrangement and all Champ Junior and Premier Seniors items. **Rule Breach: 5 point penalty.**

3.8 SAFETY REQUIREMENTS

OCCUPATIONAL HEALTH & SAFETY ISSUES MUST BE CONSIDERED AT ALL TIMES

- 3.8.1 No glass or ceramic items, drawing pins, glitter, streamers, confetti of any description (paper, fabric, plastic, etc) that requires sweeping or cleaning of the stage is permitted. **Rule Breach: 5 point penalty**
- 3.8.2 **Helium balloons**, aerosol spray, naked flames, sparklers, party poppers or other pyrotechnic/exploding devices are not permitted. **Rule Breach: 5 point penalty.**
- 3.8.3 Accessories must not be attached to any curtains in any way. **Rule Breach: 5 point penalty.**
- 3.8.4 Baled hay must be covered in plastic sheeting. **Rule Breach: 5 point penalty.**
- 3.8.5 Live animals not permitted. **Rule Breach: 5 point penalty.**
- 3.8.6 Strobe and laser derived lighting not permitted. **Rule Breach: 5 point penalty.**
- 3.8.7 Fog/haze is available, to be operated by theatre technician (permitted items only).
- 3.8.8 Masks are permitted but safety and health elements are the responsibility of the coach.
- 3.8.9 Performer/hand props are anything that can be carried by one person and do not require a sandbag or locking wheels to be stable. 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.
- 3.8.10 **Props and scenery must be made to stand safely, taking into account the rake on the stage. 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 ITEM RULES

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

		CORE ITEMS March, Clubs, Rods, Free Ex.	CORE ITEMS Aesthetic & Rhyth. Aesthetic	FANCY ITEMS Song & Dance Cal. Revue Dance Arr.	MINIMAL RULES Champ Juniors & Premier Seniors
a.	Minimum Number Refer Rule 3.4	5	5	5	No minimum number
b.	Blackout Opening/Closing	Yes	Yes	Yes	Yes
c.	Lighting/DLP	No <i>Premier Inters & Premier Masters excepted</i>	Yes	Yes	Yes
d.	Follow Spot	No Yes Premier Inters & Premier Masters	No Tinies, Sub-Juniors (Premier to Div 5), or Juniors (Premier to Div 8) Yes Champ Sub-Juniors, all Inters, Seniors & Masters.	No Tinies, Sub-Juniors (Premier to Div 5), or Juniors (Premier to Div 8) Yes Champ Sub-Juniors, all Inters, Seniors & Masters.	Yes
e.	Front/House Curtain	No Tinies, Champ Sub- Juniors, Premier Inters, Premier Master excepted. Refer Rule 3.3.4	Yes Refer Rule 3.3.4	Yes	Yes
f.	Mid Curtain	No Song & Dance, Cali Revue & Dance Arr.excepted	No	Yes	Yes
g.	Stage Dressing & Props	Yes Refer Rule 3.7	Yes Refer Rule 3.7	Yes	Yes
h.	Scrim	No	No	No	Yes
i.	Fog/Haze	No	Yes	Yes	Yes
j.	Remote Devices	No	No	Yes	Yes
k.	Pointe Shoes	No	No	No	No
j.	Title required for item	No	No	Yes	Yes Aesth/RA & DA only

5 TECHNICAL RULES

Breach of rules in bold will incur a 5 point penalty

5.1 AESTHETIC

- (a) **No elevated dance steps permitted.**

5.2 CALISTHENIC REVUE

- (a) May include singing, dialogue, calisthenics work and dance (of any style).
- (b) **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**
- (c) Singing and speaking on recorded music permitted, however **singing with recorded vocals is NOT permitted.** (Championship Juniors excepted).
- (d) Limited solo singing permitted.

5.3 CLUB SWINGING

- (a) The clubs must be clearly seen to come to a complete stop (excluding entry/exit) before:
 - i) **Changing the direction of a circle within a plane**
 - ii) **Changing the angle of the plane**
- (b) **Each arm and club may swing independently of the other but must be on the same vertical plane.** (excludes entry/exit).

Rules 5.3(a) and 5.3(b) do not apply during an interlude when technical club swings are not present.
- (c) Throwing club (intentionally) into wings from centre of stage area not permitted.

5.4 DANCE ARRANGEMENT

- (a) **No live singing.** Lyrics on recorded music permitted.
- (b) Item to be based on chosen dance genre as it relates to calisthenics.

5.5 RHYTHMICAL AESTHETIC

- (a) **Elevated dance steps MUST be included.**
- (b) Item to be Aesthetic based and include dance steps to enhance performance.

5.6 RODS

- (a) Throwing rod (intentionally) into wings from centre of stage area not permitted.

5.7 SONG & DANCE

- (a) **Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.**
- (b) Singing and speaking on recorded music permitted, **however, singing with recorded vocals is NOT permitted.** (Championship Sub-Juniors excepted).
- (c) Limited solo singing permitted.
- (d) Singing and dancing must be evenly balanced.

6 APPENDIX – SUMMARY OF BREACH OF RULES

Rule Area	Rule №	Rule Definition	Pg	Penalty
1. OPERATIONAL & ADMINISTRATION PROCEDURES				
COMPETITION ENTRY	2.1.9	No competitor is permitted to compete with more than one Club in the any one competition.	7	Disqualification
COMPETITION ENTRY	2.1.11	A competitor or team cannot compete in two (2) age sections in the same item. See also 3.1.2	7	Disqualification
COMPETITION ENTRY	2.1.12	If a breach of age or registration rule is proven, any item in which that member has competed will be disqualified .	7	Disqualification
COMPETITION ENTRY	2.1.13	Competitors must appear in one (1) core item to compete in a Fancy item, excluding Tinies.	7	5 points
2. GENERAL RULES				
BANNED MOVEMENTS	3.3.1	Execution of a Banned Movements a) to q).	11	Disqualification
PROMPTING	3.3.2.a)	Prompting competitors who are on stage during the performance of any item is strictly prohibited. Rule Breach: 5 point penalty.	12	5 points
PROMPTING	3.3.2.b)	Musical instruments are not considered to be prompting. Clapping is considered prompting.	12	5 points
STAGE AREA	3.3.3.b)	Competitors may enter or exit the working area of the stage from the sides or back only	12	5 points
CURTAINS	3.3.4.a)	The front and mid 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.e)	Legs (side curtains) must not be moved. If they are purposely moved a penalty will apply. Note exclusion for Int/Sen/Masters March.	133	5 points

LIGHTING	3.3.5	Full lighting/DLP may only be used with the cyclorama in Aesthetic, Rhythmical Aesthetic, fancy items and all Champ Junior, Premier Inter/Senior/Masters items.	13	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.	13	5 points
MINIMUM NUMBER	3.4.2	Teams with fewer than the minimum number will incur a breach/penalty. Maximum of 1 fewer competitor permitted to perform, with prior notification to competition convenor.	13	5 points
MINIMUM NUMBER	3.4.3	If a team breaches more than one minimum number rule (ie. Rules 3.4.1 and / or 3.4.2) in any item, the item will incur a maximum of 2 penalties of 5 points each.	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/MC 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. See 3.7.1.	14	5 points
STAGE DRESSING	3.7.2	Large props at preset permitted in fancy items and all Champ Junior & Premier Senior items.	15	5 points
SMOKE MACHINES	3.7.4	Fog/haze machines may only be used in Aesthetic, Rhythmical Aesthetic, fancy items and all Champ Junior & Premier Senior items.	15	5 points

REMOTE DEVICES	3.7.5	Remote devices may only be used in Song & Dance, Calisthenic Revue, Dance Arrangement and all Champ Junior & Premier Senior items.	15	5 points
SAFETY REQUIREMENTS	3.8.1	No glass, ceramics, drawing pins, glitter, streamers, confetti of any description is to be used.	15	5 points
SAFETY REQUIREMENTS	3.8.2	Helium balloons, aerosol spray, naked flames, sparklers, party poppers or such pyrotechnic devices are not permitted.	16	5 points
SAFETY REQUIREMENTS	3.8.3	Accessories must not be attached to any curtains in any way.	16	5 points
SAFETY REQUIREMENTS	3.8.4	If baled hay is used, it must be covered in plastic sheeting.	16	5 points
SAFETY REQUIREMENTS	3.8.5	Live animals not permitted	16	5 points
SAFETY REQUIREMENTS	3.8.6	Strobe and laser derived lighting not permitted.	16	5 points
3. TECHNICAL RULES				
AESTHETIC	5.1(a)	No elevated dance steps permitted.	18	5 points
CALISTHENIC REVUE	5.2(b)	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	18	5 points
CALISTHENIC REVUE	5.2(c)	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT. Champ Juniors excepted.	18	5 points
CLUB SWINGING	5.3i) i	The clubs must clearly come to a complete stop before changing the direction of a circle within a plane (excludes entry/exit).	18	5 points
CLUB SWINGING	5.3ii) ii	The clubs must clearly come to a complete stop before changing the angle of the plane (excludes entry/exit).	18	5 points

CLUB SWINGING	5.3(b)	Each arm and club may swing independently of the other but on the same vertical plane (EXCLUDES ENTRY/ EXIT).	18	5 points
DANCE ARRANGEMENT	5.4(a)	No live singing. Lyrics on recorded music permitted.	18	5 points
RHYTHMICAL AESTHETIC	5.5(a)	Elevated dance steps must be included.	18	5 points
SONG AND DANCE	5.7(a)	Assistance in singing or vocalisation by coaches or non-members of the team is NOT permitted.	18	5 points
SONG AND DANCE	5.7(b)	Singing and speaking on recorded music permitted, however, singing with recorded vocals is NOT. Championship Sub-Juniors excepted.	18	5 points

ATTACHMENT A – NOTIFICATION TO ADJUDICATOR OF COMPETITOR WITH DISABILITY

Age Section: _____ Division: _____ Comp.Date: _____

I, the undersigned, have a child who requires accommodation 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.

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

Age Section: _____ Division: _____ Comp.Date: _____

Nature of accommodation: _____

Item	Item Number
March	
Clubs	
Rods	
Free Exercises	
Aesthetic	
Rhythmical Aesthetic	
Song & Dance	
Calisthenic Revue	
Dance Arrangement	

ATTACHMENT B – PENALTY NOTIFICATION

AUSTRALIAN CALISTHENIC FEDERATION – RULE(S) BREACH – PENALTY INFORMATION

Coach to be notified at the end of the section

ITEM:	COMPETITOR NUMBER:
RULE	PENALTY
4 MINUTE SET UP / REMOVAL TIME (Rule 3.6.1)	5 POINTS
UNDER / OVER TIME LIMIT (Rule 3.6.2)	5 POINTS
NO RIGHT OF REVIEW	
Coach's Signature	Date

I ACCEPT THIS PENALTY:

Coach's Signature _____

Date _____

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
TOTAL PENALTY =	
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 _____