



ROYAL SOUTH STREET SOCIETY  
BALLARAT EISTEDDFOD

# Australian Calisthenics Competition 2024

## Entry Sections, Rules & Conditions

### Dates:

Thursday 3<sup>rd</sup> October to Thursday 31<sup>st</sup> October

### Venue:

Her Majesty's Theatre  
17 Lydiard Street South, Ballarat

The following rules and conditions are specific to the  
Royal South Street Society Ballarat Eisteddfod Calisthenic Competition.  
Please read them carefully.

Further Information Contact  
Events Co-ordinator  
Office: 53321054  
Email: [admin@royalsouthstreet.com.au](mailto:admin@royalsouthstreet.com.au)



## **Calisthenics Committee**

Andrea Brown (Chair), Cherie Brown, Lexie Brown,  
Fiona Emery, Jo Hocking, Annette Lawson

**Entries Open:** Friday 1<sup>st</sup> March 2024

**Entries Close:** Friday 5<sup>th</sup> April 2024

### **Entry Fees (per item)**

Tinies	\$60
Sub Juniors	\$65
Juniors	\$65
Intermediates	\$65
Seniors	\$70
Masters	\$70

### **Optional extras (per item)**

DLP	\$20
Fog	\$20
Note:	No scrim available

### **Sections**

Tinies	Premier to Div 3 (combined)
Sub-Juniors	Champ to Div 4
Juniors	Champ to Div 7
Intermediates	Champ to Div 7
Seniors	Premier to Div 7
Masters	Premier to Div 5

Teams graded below the divisions listed may be invited at a later date  
depending on entries received.



**Royal South Street Society**  
**Australian Calisthenics Competition**  
**Conditions of Entry**

**1. Entry Date**

Entries must be submitted by **5pm on Friday 5<sup>th</sup> April** via the online entry system **MyStage** (NOT Stardom).

**2. Late Entries** will not be accepted.

**3. Special Considerations**

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 Royal South Street Society (hereafter RSSS) will aim to accommodate requests but this cannot be guaranteed.

**4. Entry Fee**

Entries will only be accepted with full payment of entry fees. The RSSS Board of Directors reserves the right to refuse any entry. The decision of the Board of Directors shall be final in all questions and unresolved disputes arising out of or not provided for by these conditions.

**5.** The decision of the adjudicator(s) will be final.

**6. 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.

**7. Rules**

As an independent eisteddfod, the RSSS will adopt a flexible version of the ACF rules, in order to allow entrants from all states to compete without having to change their routines. The 2024 ACF National Rules can be found at:

[https://calisthenicsaustralia.com.au/wp-content/uploads/2024/02/v2024\\_ACF-National-RULES-REGULATIONS\\_FINAL.pdf](https://calisthenicsaustralia.com.au/wp-content/uploads/2024/02/v2024_ACF-National-RULES-REGULATIONS_FINAL.pdf)

The ACF have agreed on the following flexible rules. Please read these carefully with specific attention to the use of props and banned movements and the time limits. 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.

*ACF Rule 2.2.1 (ii) Banned Movements*

The previous ban on a hop prior to side aerial has been removed. Front (forward) aerials remain a banned movement.



### *ACF Rule 2.3 (a) Minimum Number*

The minimum number for any team to enter is 5 performers. If, on the day of competition, this is reduced to 4 due to exceptional circumstances, they must notify RSSS at registration, and a 5-point penalty will be applied.

### *ACF Rule 2.5.3 Timing*

Timing is determined by music track length. Anything outside these specified time limits will be considered a Breach of Rules and will incur a 5-point deduction. Aesthetic/Rhythmical Aesthetic is considered a core item.

	<b>Core Items</b>	<b>Fancy Items</b>
Tinies	1:30 – 2:30	2:00 – 3:15
Sub Juniors: Champ	1:30 – 2:45	1:30 – 3:15
Sub-Juniors: Premier, Div 1-4	1:30 – 2:45	2:00 – 2:45
Juniors: Champ (Minimal rules)	2:00 – 3:15	2:00 - 3:45
Juniors: Premier, Div 1-7	2:00 – 3:15	2:00 – 3:45
Intermediates: Champ (Minimal rules)	All items 2:00 - 3:45	
Intermediates: Premier, Div 1-7	All items 2:15 – 3:45	
Seniors: Premier (Minimal rules)	All items 2:15 – 3:45	
Masters: Premier, Div 1-5	All items 2:00 – 3:45	

### *ACF Rule 3.1 (b) Lighting*

Teams may start/finish in blackout but must place themselves on the stage without assistance from any coach or assistant.

## **7. Grading**


Entries will be accepted from teams graded by CaliVic as follows:

Tinies	Premier to Division 3* (see note)
Sub-Juniors	Champ to Division 4* (see note)
Juniors	Champ to Division 7
Intermediates	Champ to Division 7
Seniors	Premier to Division 7
Masters	Premier to Division 5

Teams graded below the divisions listed may be invited at a later date depending on entries received.

**\* Note:** ***Tinies & Sub-Juniors*** teams should be entered according to their CaliVic grading, keeping to the Victorian NW/SE split sections, though these may be combined depending on entries. Tinies are likely to be a single, combined division competition.

Where a competition is combined, the team(s) in the lower division(s) will have 1 point added to their total by the adjudicator for each divisional difference (Tinies-Masters). RSSS reserves the right to amend all divisional grouping dependent upon the number of entries received, and any decision to change will be communicated to teams involved.



**Interstate teams** are particularly welcome to enter. If you have not already obtained a grading from CaliVic, please email [gradings@calisthenics.asn.au](mailto:gradings@calisthenics.asn.au) with the age group you wish to enter and grading in your home state. Once a grading is returned, entry can be completed via MyStage. Entries must be received by 5pm Tuesday 5<sup>th</sup> April.

#### **8. Minimum Number of Entries**

The Board or section representative may, at it's discretion, cancel, combine or divide any section that has fewer than three entries once entries have closed. Refunds will be given if a section is cancelled.

#### **9. Names of Team Members**

The coach or her representative must hold a list of the team members' names, in order to comply with Occupational Health and Safety requirements.

#### **10. Communication**

The preferred form of communication for general enquiries is via email to [admin@royalsouthstreet.com.au](mailto:admin@royalsouthstreet.com.au). It is the responsibility of the entrant to access emails sent by RSSS representatives.

#### **11. Child Safe Standards**

In accordance with the current Child Safe Policy (effective July 2023) 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. For full details on our Child Safe Policy, please visit: <https://royalsouthstreet.com.au/compliance-and-child-safety/>

#### **12. Non-Appearence / Refunds**

If your team is unable to perform, as a courtesy to RSSS and your fellow entrants, please email [admin@royalsouthstreet.com.au](mailto:admin@royalsouthstreet.com.au) a minimum of 24 hours prior. No refund is due in this instance.

#### **13. Risk**


RSSS is insured for public liability which does not comprehensively cover injury to performers, individuals, or schools/clubs. Entrants must ensure that all competitors are registered with their state body and adequately insured whilst performing in these competitions or enter at their own risk.

#### **14. Copyright**

RSSS pays a copyright fee on every entry. By entering, you 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.

#### **15. Photography, Videography & Image Consent**

The RSSS has appointed Capture My Event (CME) as official videographers to record performances during the competition. Performance videos should be ordered by coaches prior to the competition via the CME website. Videos will be provided on USB and can be collected



with critiques at the conclusion of the competition. Photographs will not be available either on or off stage.

In support of Child Safe Standards, RSSS provides coaches/club 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 (in case circumstances change). The RSSS reserves 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.

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.

If consent has been given but needs to be withdrawn, please do so via this form:

<https://forms.office.com/r/tc744G5rfz>

The RSSS may publicise the name, profile and photograph of an entrant or team/club in eisteddfod publications and results, via electronic, social and printed media at its discretion.

## **16. Medication**

It is the responsibility of individual competitors who require medication to ensure that they always carry it with them and have it side stage in the event they should require it. It is the individual competitor's responsibility to have a nominated adult present to administer the medication in case of an emergency.

## **17. Pregnancy**

If a participant competes whilst pregnant, she should obtain clearance from her medical practitioner monthly. There is no set rule regarding when she should cease participating in the sport.

## **19. Backstage**

- a) **Practising:** no teams or individuals are to practise on stage or side stage during the competitions except during the official warm-up before Free Exercises. This includes, but is not limited to doing walkovers, jetes or similar 'tricks', in the passageways of the theatre.
- b) **Dressing rooms:**
  - (i) Decoration of rooms and passageways is not permitted, though banners may be hung.
  - (ii) 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)





- c) **Body tan:** competitor's feet and legs must be covered before entering the auditorium. Please keep feet off seats and backs of seats.
- d) **Footwear** – is required to be always worn in all areas outside of the stage area. Non-performers side stage must have closed toe shoes.
- e) **Babies, toddlers and children** are not to 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 to be left unsupervised in the theatre at any time.
- f) **All corridors, stairwells, entrances or building access areas** are to be always kept clear. Any items left in these areas will be moved.
- g) **All stage access**, egress, fire escapes and exits, firefighting equipment areas, and access to prompt corner must be kept clear at all times.
- h) **All costumes** and handheld props must enter and leave the theatre via the rear Stage Door at Her Majesty's Theatre, or the front entrance at Founders Theatre.
- i) **All valuables** are the responsibility of the owner and are left in dressing rooms at their own risk.
- j) **Coach, Dressing Room & Backstage Passes**  
Backstage numbers are limited and therefore dressing room and backstage passes will be allocated to each club using 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.

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

- Tinies and Sub-Juniors - 1 Pass per 4 participants
- Juniors and Intermediates - 1 Pass per 6 participants
- Seniors - 1 pass per 8 participants
- Masters – None allocated

**Backstage:** for prop crews/assistants – these will be allocated on an as-needs basis upon request but will be restricted, and do not allow access to the auditorium.



**20. Stage dressing and props:** to be read in conjunction with ACF Rule 1.1 (i) & (k)

Theatres have strict limitations on space for storage of props and the added complexity of moving them from street level to stage level via internal stairs; RSSS requests that clubs keep this in mind when planning their use of props and stage dressing.

**Definitions:**

- a) **Large props:** props or scenery, modules, drums, ramps and platforms placed on the stage of behind the back curtain prior to or during the item.
- b) **Handheld props:** those which can be carried onto the stage by one performer only, can be stored in a dressing room, and does not require a sandbag to be placed, eg. flags, swords, guns, stars, flowers, umbrellas, or items of a similar size/nature, including hand-held lengths of material stretched across the stage.

**Use of props at RSSS**

**a) Standard rules**

*Core items (including Aesthetic/Rhythmical Aesthetic):* Large props not permitted. Handheld props are allowed and may be placed on the stage area or behind the back curtain during the item if required.

*Fancy items:* large props and handheld props all permitted.

- b) **Minimal rules (Champ Juniors & Intermediates, Premier Seniors):** Large props and handheld props permitted in all items. Stage must be set and competitors ready to commence on stage within four (4) minutes of the previous item clearing the stage completely, after which time the item will be announced and will commence. Props must be removed in a timely manner at the completion of the item. Delays will not be accepted.
- c) **Standard Steps:** Due to the shortage of backstage storage space, teams are not permitted to bring their own tiered steps, tiered ramps, tiered platforms or anything of a similar nature as there is limited space to accommodate them. Should a team wish to arrange sharing these with other teams in their division, consideration will be given to allow the use of a set of tiered steps or similar for that division. Please contact RSSS to discuss this option.
- d) **Dimensions:** large props must not exceed 3 metres in height. Pre-assembled stage dressing or large props must not exceed a footprint of 1.8m<sup>2</sup> whilst backstage and no part of the large prop or stage dressing may protrude beyond that footprint. This rule will be strictly enforced. If a large prop is outside these dimensions the club will be requested to dismantle it. Large props that are assembled on stage (within time limits immediately prior to the performance of the item) are allowed to exceed these dimensions on stage.

**Please note:** RSSS, Her Majesty's Theatre, and Founders Theatre are unable to guarantee space for every team equivalent to the footprint described above. RSSS and the venue reserve the right to limit the number or large props backstage at any time.





- **No items made of glass or ceramic are permitted on stage**
- No helium balloons allowed.
- Aerosol cans must not be used on stage.
- No talcum powder, resin or anything of a similar nature is to be used.
- **No glitter or confetti of any sort is to be thrown on stage.**
- All large props must be made to stand safely. If props are fitted with wheels, they must be able to be locked.
- Legs of flats must be hinged.
- Staples must not be used on the stage area when assembling stage dressing or props.
- If stage dressing or large props are unstable, the stage manager has the right to request that they not be used for safety reasons.
- Persons other than registered team members are not permitted to hold stage dressing or props on stage. It is the responsibility of the stage manager to report such an occurrence to the adjudicator(s).
- If using guns of any kind as props, they must NOT be or look authentic. If a reasonable person thinks it looks like a gun, it is a gun.
- Swords, knives etc. used as props, must be blunt and preferably made of wood or plastic.
- Octopus straps or similar items are not to be used on any prop.
- No flown scenery may be used.

## 21. Stage Area:

A diagram of the proposed 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**. Please do not proceed past this white line. Stage markings will include side lines, front and back lines, 9 spots plus “spaces” between spots, and between spots and side lines.

## 22. Sound, Lighting and Visual Effects:

a) **Technical faults – see definition in ACF definitions 1.1(I).** Should a technical fault occur the coach and stage manager in consultation should call for the item to be stopped immediately. Once the fault is rectified, the team may repeat their performance as soon as possible, ie. it will not always be scheduled for the end of that section and could be immediately.

b) **Lighting:** Teams may start/finish in a blackout, but no other lighting is permitted in core items, with the exception of Aesthetics/Rhythmical Aesthetics. (Minimal Rules sections excluded – Champ Juniors/Inters and Premier Seniors). Any team starting in a blackout must place themselves on the stage, assistance from a coach is not permitted. **Light plotting sessions are not available for any section.**

c) **Data projector:** is available for use in all fancy item sections (and core items in Premier Seniors). DLPs must be formatted as an mp4 file.

d) **Uploads:** **All lighting cue sheets, music (mp3) & DLP (mp4) files must be uploaded to myStage at least 21 days prior to your competition.** Coaches should bring their own printed copies of lighting cue sheets and a backup USB of music/DLP side stage for each performance (one track per USB).



e) **Fog machine:** is available, payable on entry.

f) **Electrical items:** all leads, appliances, lights and stage property lighting for use on 240 volts within the theatre, must have a current safety compliance tag. This includes any electrical item used in the dressing rooms (eg. hair straighteners, curlers.) Batteries must be sealed. 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).

### **23. Safety:**

The venue technician and stage manager may prevent a planned performance if in their opinion technical safety is inadequate. Risk assessment forms (JSEA) are required for any performances using props that have any risk associated with their use including, for example, balls, ladders, wheeled items, etc. Provision for completing a risk assessment will be included with competition registration via MyStage.

### **24. Amendments:**

The RSSS reserves the right to amend the Conditions of Entry at any time. Should such amendments be made after entry, notification will be sent to the email address provided by the entrant on MyStage.

### **25. Perpetual Trophies**

When a perpetual trophy is awarded, the winning coach may leave the trophy in the custody of RSSS or take it with them for a period of **8 months**. It is an expectation that all perpetual trophies be returned to RSSS by **30<sup>th</sup> June** in a clean, polished, and presentable condition. All holders of trophies will be responsible for their safe custody, engraving and return at their own expense.