

# CALISTHENICS ACT



## **COMPETITION PROTOCOLS**

Version: 1.3 – Approved by CALI ACT  
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**1. COMPETITION AUTHORITY**

- a. The Competition Sub-Committee is the administrative and interpretative body of competitions in the ACT. Decisions made by the Competition Sub-Committee in these roles shall be final.
- b. All entries are received subject to this proviso, and shall not be subject to any appeal at Law.

**2. DECISIONS DELEGATED TO THE COMPETITION SUB-COMMITTEE**

- a. Selection of Adjudicators
- b. Writers for Adjudicators at competition
- c. Theatre Etiquette
- d. Club Rosters
- e. Delegate Rosters
- f. Competition Draws
- g. Trophies and Awards
- h. Decisions pertaining to competition protocols
- i. Competition dates
- j. Competition venue/s
- k. Theatre admission
- l. Club Championship guidelines

**3. AIM OF THE COMPETITION SUB-COMMITTEE**

The aim of the CALI ACT Competition Sub-Committee is to organise and conduct calisthenic competitions in the ACT on behalf of CALI ACT.

**4. ROLE OF CALI ACT COUNCIL**

- a. Provide general support
- b. Consider Competition Sub-committee recommendations and make appropriate decisions
- c. Arbitrate on any dispute between a Club and the Sub-committee
- d. Exercise any or all of the functions of the Sub-committee.
- e. Approve Competition Budget

**5. REFERENCES**

- a. General – Calisthenics ACT Constitution
- b. Sub-committee delegated authority – Constitution
- c. Quorum – more than half the total number of registered clubs

**6. SUB-COMMITTEE MEMBERSHIP**

Director	There may be two people who will act in an equal capacity sharing the role as co-directors. CALI ACT Council delegates shall elect a person/s, with appropriate experience, to convene a Competition Sub-Committee for the period as defined in the Constitution.
Club Delegates	Each CALI ACT registered club is required to nominate two delegates to represent their club’s interests at competition sub-committee meetings and co-ordinate their club’s obligations to assist with the conduct of CALI ACT Competitions.

## 7. SUB-COMMITTEE RESPONSIBILITIES

- |                |   |
|----------------|---|
| Director       | Chair sub-committee meetings; ensure all sub-committee recommendations and decisions are forwarded to CALI ACT. Ensure draws for competitions are conducted fairly and equitably. Provide reports as required.  |
| Secretariat    | Record Minutes of meetings; prepare agendas for meetings; call for agenda items   |
| Financial      | This function currently sits with one of the co-directors and may be delegated to a club delegate. Responsible for budget preparation; maintaining income and expenditure records; payment of accounts; organising float for competitions; organise travel and accommodation for adjudicators. Maintain expenditure within budget.  |
| Club Delegates | Represent respective clubs at meetings; requirement to be available for all competition duties ranging from State Manager, Assistant Stage Manager; timekeeping; recording performances; Music collation; ticket box and in door duties; Chairperson duties. At least one delegate from each club must attend bump in at the theatre prior to competitions (times will be determined by Director) and at least one delegate for bump out at the conclusion of each competition. |
- a. Organise and conduct all CALI ACT Competitions for a designated calendar year on behalf of CALI ACT.
  - b. Assist in the running of the ACT Calisthenic Showcase, particularly in all matters relating to theatre and duty rosters.
  - c. Recommend policy and rules to the CALI ACT Committee for the fair, safe and orderly conduct of CALI ACT Competitions
  - d. Conduct all CALI ACT Competitions in a manner that minimises the possibility of financial loss for the ACT.
  - e. Make recommendations and decisions as delegated by CALI ACT.

## 8. MEETINGS

All meetings shall be conducted as required to ensure effective organisation and planning for the smooth running of competitions throughout the year. They shall be held in a place where all club delegates are free to attend. It is recommended to convene meetings in February, March, April, June and August to prepare for competitions, with a final meeting in September to debrief on the year's operations. More than half the total number of eligible voting members shall constitute a quorum for the transaction of competition business.

## 9. VOTING AND DECISIONS

Questions/issues arising at any meeting of the Competition Sub-Committee shall be decided by a majority of votes and a determination of a majority of delegates present and entitled to vote. Each club is entitled to one vote. Where a vote is required/called for it shall be decided by a simple majority on a show of hands. Abstention from voting will not be counted in the total vote. Eg with 7 clubs eligible to vote, one club abstains then the majority will be determined out of the remaining 6 votes. In the event the voting tally results in an equal, then the Director/s of Competitions, in consultation with the Board, will have the deciding vote.

## 10. REPORTING RESPONSIBILITY

- a. A copy of the minutes of each Competition Sub-committee meeting shall be forwarded to the CALI ACT Secretary prior to next CALI ACT Meeting (COM and/or Board)
- b. A written report shall be submitted to CALI ACT general meetings
- c. Director/s to prepare written report for Competitions for the Annual Report to be tabled at the AGM.

The sub-committee should ensure that all matters relating to competitions held within the designated year are finalised within two (2) months after the last competition of the year.

#### **11. COMPETITION DATES**

- a. Dates will be advised to clubs not later than 31 December.

#### **12. COMPETITION ENTRY**

- a. Entry forms must be completed in full and submitted to the Competitions email address by the advised closing date.
- b. Entries to CALI ACT's preliminary competitions are open to registered competitors from all states, and only ACT and NSW registered competitors are eligible for CALI ACT's Championship competitions (both Solos/Duos and Teams).
- c. Clubs must submit the Technical Requirements Sheet by the closing dates as advised.
- d. Entry fees must be paid directly into the Calisthenics ACT bank account and payment details must accompany the entry form. Cash and Cheques will not be accepted.
- e. Payment for Solos/Duos not received by the due date will incur a late fee of 50% and entry to the competition may be rejected.
- f. Payment for Team entries not received by the due date will incur a late fee of \$50 per age group.
- g. Amendments to entries must be provided to the Competition Committee not later than one hour prior to commencement of the section.
- h. The Competition Committee reserves the right to cancel any item if only one entry is received.
- i. Withdrawal of teams/soloist within ten (10) days of the competition will forfeit entry fee.

#### **13. TEAM GRADING**

- a. Grading of teams will be based on the previous year's competitions results.
- b. On receipt of team entries the Competition Committee will define the competition format for the current year.

#### **14. TEAM COMPETITION FORMAT**

- a. The following formats are available for the Competition Committee to implement for a competition year:
  - i. Blue/Gold - One age group is split into two separate competitions.
  - i. Open/Closed – All teams in one age group competing together in the open division. Specified club teams will form the closed division.
  - ii. One Open Division - All teams in one age group competing together in the one division

#### **15. TEAM AWARDS**

- a. Place ribbons to be awarded in each competitive age group, excluding Seniors. Placings will include 1<sup>ST</sup> to 5<sup>TH</sup> and any Special Mentions awarded. Great Work Ribbons will be awarded in the Tinies, Sub-Junior and Junior age groups.
- b. Aggregate trophies are awarded for each division for 1<sup>st</sup> and 2<sup>nd</sup> place.
- c. Club Championship Shield will be presented at the conclusion of the Cali ACT Team Championship
- d. Club Championship shield points will be allocated as follows:

Where a Blue/Gold or Open/Closed competition operates

Placing	Gold/Open Division Points	Blue/Closed Division Points
1 <sup>st</sup>	10	5
2 <sup>nd</sup>	9	4
3 <sup>rd</sup>	8	3
4 <sup>th</sup>	7	2
5 <sup>th</sup>	6	1

Where all teams compete in one Division

Placing	Points
1 <sup>st</sup>	10
2 <sup>nd</sup>	9
3 <sup>rd</sup>	8
4 <sup>th</sup>	7
5 <sup>th</sup>	6
6 <sup>th</sup>	5
7 <sup>th</sup>	4
8 <sup>th</sup>	3
9 <sup>th</sup>	2
10 <sup>th</sup>	1

- e. On the occasion where two (2) or more registered Calisthenics ACT clubs join together to compete as a team on stage in a particular age group for the purpose of competing at Cali ACT Competitions, Club Championship points will be allotted equally to each respective club.

**16. SOLO/DUO GRADING**

- a. Grading of solo/duo will be based on the previous year’s competitions results.
- b. On receipt of solo entries the Competition Committee will define the competition format for the current year
- c. Eligibility for:
  - i. Division 1: Any competitor may compete in this Division
  - ii. Division 2: Any first year/time entrant or a competitor who has not been placed in Division 1 during the previous two (2) years.
- d. A competitor gaining a place in Division 2 in the Preliminary Solo/Duo Competition may enter Division 1 in the Championship Competition in the same year.
- e. Division 2 place getters will be ranked using the following points system:

**Cali ACT Preliminary Solo/Duo Competition:**

Ranking/Place	Points Awarded
1 <sup>st</sup>	6
2 <sup>nd</sup>	5
3 <sup>rd</sup>	4
4 <sup>th</sup>	3
5 <sup>th</sup>	2

**Cali ACT Championship Solo/Duo Competition:**

Ranking/Place	Points Awarded
1 <sup>st</sup>	12
2 <sup>nd</sup>	10
3 <sup>rd</sup>	8
4 <sup>th</sup>	6
5 <sup>th</sup>	4

- f. The points from the preliminary and championship competitions will be tallied and competitors with a total of 6 points or more will progress to Division 1 in the following year.

- g. A competitor will retain their division 1 status in that item for at least 2 consecutive years. If, after 2 years of competing in Division 1 and no placing results, a competitor may choose to enter either division.

**17. SOLO/DUO COMPETITION FORMAT**

- a. There shall be at least two (2) competitions in each calendar year.
- b. Competitors, 16 years of age as at 31 December, can enter either the Intermediate or Senior age group.
- c. Competitions may offer two (2) Divisions in all age groups.
- d. Should Calisthenics ACT cancel an item containing a Solo competitor in the ACT Club Competitions, it will be deemed the competitor will have competed in that item.

**18. SOLO/DUO ENTRY**

- a. Competitors must be registered with an affiliated club within the ACF.
- b. All solo/duo competitors must complete in at least two (2) items in both the CALI ACT Preliminary Team and Championship Team events in the same year of competition, one (1) item of which must be a core item.

*Note: Where it is known prior to or during solo competition that a person will not be competing in either/both team events in the same year they MUST notify the Director/s of Competition Committee to withdraw their entry or they may apply for an exemption to this rule. The Competition Committee will consider their reasons for exemption and only if approved will they be eligible to remain in the solos/duo competition. Whilst an exemption may be granted for the current year this does not guarantee automatic entry the following year. Non participation in team events will result in ineligibility to compete in solos/duos the following year unless an exemption is applied for and subsequently granted. Applications for exemption need to be in writing and submitted to the Director of Competitions as soon as identified. If the solo year has concluded and the application is for the following year the application must be received before the registration closing date ie 28 February.*

- c. Solo/Duo registrations from participants with outstanding fees from ACT Rep team (as at 31 December) will not be accepted.
- d. The Director of Competitions will request a list of debtors as at 31 December in the previous year from the CALI ACT Treasurer/Rep Team Convenor.

**19. SELECTION OF REPRESENTATIVES FOR SOLO/DUOS AT NATIONAL CHAMPIONSHIPS**

- a. Contenders for selection as ACT National Solo/Duo representatives will be selected from Division 1 competitors of the Solo/Duo competitions in that year.
- b. Both ACT Preliminary and Championship Solo/Duo competitions are considered in the selection process.
- c. Points are allocated as follows:

Rankings by each adjudicator from the preliminary competition and the champ comp (champ comp being separated for this exercise would be allocated as follows:

Placing	Prelim	Champ Adj 1	Champ Adj 2	Champ Adj 3
1 <sup>st</sup>	14	14	14	14
2 <sup>nd</sup>	8	8	8	8
3 <sup>rd</sup>	6	6	6	6
4 <sup>th</sup>	4	4	4	4
5 <sup>th</sup>	3	3	3	3
6 <sup>th</sup>	2	2	2	2
7 <sup>th</sup>	1	1	1	1

- d. An additional qualification is the requirement for each competitor to be ranked by at least 2 adjudicators.
- e. Where there is less than 7 competitors the panel will convene prior to the competition to discuss and determine the number of rankings to be considered for selection.
- f. Awarding points does not automatically result in selection. It allows for transparency and clarity in reaching a decision.

*Note: Where competitors from interstate are awarded places they do not receive points, instead they are removed from this process and the ACT competitors will be moved up (as if the interstate competitors had not competed). This process will also apply to non-eligible ACT competitors. The exception occurs when a duo comprises a mix of ACT and NSW competitors. In this instance they will be included for the selection process.*

*E.g. using the previous table*

Competitor	Ranking/Place	Points Awarded Prelim	Points Awarded Champ
ACT	1 <sup>st</sup>	14	same rationale as prelim but using 3 individual adjudicators rankings/placings
ACT	2 <sup>nd</sup>	8	
Interstate	3 <sup>rd</sup>	NIL	
ACT	4 <sup>th</sup> – moves to 3 <sup>rd</sup>	6	
ACT	5 <sup>th</sup> – moves to 4 <sup>th</sup>	4	
Interstate	6 <sup>th</sup> -	NIL	
ACT	7 <sup>th</sup> – moves to 5 <sup>th</sup>	3	

- g. The Calisthenics ACT National Selection Panel, comprising the Calisthenics ACT President, Director of Competition and Director of Coaching shall select the ACT National Solo/Duo Representatives. (Substitutes may be called for in the event of non-availability or conflict of interest).
- h. CALI ACT may invite up to four (4) Graceful Soloists and up to three (3) Calisthenic Solo / Duo for Juniors, Intermediates and Seniors, (depending on the National Program) to represent the ACT at the National Championships.
- i. Invited soloists and their coaches will be officially informed of their selection by CALI ACT, within seven (7) days of the conclusion of the Championship competition.
- j. Process to be followed for ACT Representative Team Solo/Duo selections for Nationals is as follows:
  - i. On the completion of each Nationals item the National selection points will be calculated based on the places received for each competitor at the preliminary and championship competitions.
  - ii. From 2015 – **50%** of the Calisthenics ACT National Solo and Duo Representative Positions will be reserved for participants of the Calisthenics ACT Representative Teams. This will mean **TWO** Graceful Solo Representatives (of a possible 4 ACT places), **ONE** soloist (of a possible 3 ACT places), and at least **TWO** members of two (3) of the Duo groups (of a possible 3 Duo ACT places) in each age-group (Juniors, Intermediates and Seniors) are awarded to those participants that have registered and trialed for the Calisthenics ACT Representative Team FOR THAT YEAR
    - The remaining 50% of the Calisthenics ACT Solo and Duo representative positions will be open to all Division One participants for that age-group for that year.
    - All selected Solo and Duo representatives would need to meet the selection criteria as outlined in the Calisthenics ACT Competition Administration Rules.
    - In the event that no Calisthenics ACT Representative Team member meets the selection criteria for National Solo / Duo Selection then only the Open 50% of positions will be offered. That is, the reserved positions will remain vacant.



- In the event that a National Soloist / Duo candidate trialled and was not selected for Representative Team in that year then they remain eligible for a Reserved Calisthenics Representative Team Solo / Duo position for that year.
  - In the event that the candidate was selected but did not accept selection to participate for the Representative Team, they will become ineligible for the Reserved Calisthenics Representative Team Solo / Duo position for that year.
  - In the event that there is no Representative Team for an age-group, the Solo and Duo selection for that year will be open to all Division One participants for that item for that age-group.
- iii. In the event of a tie for any position the Calisthenics ACT Nationals Selection Panel are to review the rankings of the tied participants and the participant that has been placed higher by two (2) of the adjudicators at the championship competition (the panel) will qualify.
  - iv. During the selection process the Panel may decide to confer with adjudicators on points of clarification for final selection.
  - v. The decision of the Calisthenics ACT National Selection Panel is considered final and no correspondence will be entered into.

## 20. SELECTION OF REPRESENTATIVES FOR RSSS SOLO COMPETITION/S BALLARAT

Entries from ACT for the team competition at RSSA Ballarat are eligible to be considered for entry in the RSSA Solo Graceful Championship. There are currently two (2) entries assigned to the ACT. Selection of ACT entrants will be in accordance with 19 a. b. and c. above. In the event the entrants are not competing in team events in Ballarat, an order of merit may be used. The same selection process will apply for Calisthenic Solo Championship at Ballarat. Where the same person is placed 1<sup>st</sup> or 2<sup>nd</sup> in both graceful and solo, they will need to choose between the items.

## 21. SOLO/DUO AWARDS

- a. Preliminary Competition:
  - i. Placings may be awarded for 1st to 5th place depending on the number of entries in a Section. Trophies will be awarded for 1st to 5th place. Special Mention Certificates will be presented as required.
  - ii. Where a division is split into ages the places awarded may be reduced to 3 per age section. (This enables fairness and equity in comparison to Division 1 where age splits do not apply).
- b. Championship Competition:
  - i. Division 2 sections may have placings 1st to 5th awarded depending on the number of entries in a section. Trophies awarded for all placings 1st to 5th and Sashes for Graceful Solo 1st to 5th place. (refer 1.a.i. above)
  - ii. Division 1 sections may have placings 1st to 5th awarded depending on the number of entries in a section and when there is a panel of Adjudicators, a ranking of 1 to 10 from each Adjudicator. Trophies awarded for all placings 1st to 5th and Sashes for Graceful Solo 1st to 5th place.
- c. A Perpetual trophy is also awarded to the overall Champion/s in the following age sections:
  - i. Sub-Junior - Calisthenic Solo/Graceful Solo/Duo
  - ii. Junior Calisthenic Solo/Graceful Solo/Duo
  - iii. Intermediate - Calisthenic Solo/Graceful Solo/Duo
  - iv. Senior – Calisthenic Solo/Graceful/Duo

**NOTE:** Overall means from both competitions and the points applied will be as per tables set out in 19c above. Points will be added together from both preliminary and championship competitions to determine perpetual trophy award recipient. Interstate competitors are eligible to receive perpetual trophy.

**22. RECORDING/BROADCASTING**

Calisthenics ACT reserves the right to record, broadcast, telecast or videotape any items or section of the competition.

**23. COPYRIGHT**

Calisthenics ACT will not be liable for any copyright infringement by a competitor.

**24. COMPETING WITH A KNOWN INJURY**

- a. An Indemnity form is available on the CALI ACT website
- b. A competitor with a known current injury must submit their completed indemnity form to the Director of Competitions, prior to the commencement of their section.
- c. A certificate from a registered medical practitioner should accompany the Indemnity form. If this certificate is not supplied participation in the competition may be denied by the Competition Committee.

**25. SIDE STAGE ASSISTANCE**

- a. Three (3) persons may be side stage.
- b. A Club may apply to the Competition Committee for consideration if additional persons are required.

**26. COMPETITION DAY**

- a. Coaches and cadets must wear their coach/cadet badge for entry to the theatre/side stage.
- b. Competitors are not permitted on the stage area prior to the commencement of the competition day
- c. Competitors/teams will have a maximum of 2 calls from the stage manager to present at the stage door prior to performance. If the competitor/team is not at the stage door by this call they may forfeit their entry in that item.
- d. If, after the first call from the stage manager, there is an apparent problem then a coach or team manager is to report to the Green Room immediately and the Director of Competitions will determine if a delay is warranted.
- e. At the conclusion of a section, critiques and USBs will be available for collection at the Green Room by the assigned coach or advised proxy.

**27. PROPS**

- a. If props are being used in an item then that team must have a dedicated team of people to assist with setting up and removal of these props.
- b. If all props are not on stage at 3 minutes, then any remaining props may not be allowed on stage.
- c. When flys are being used in an item, then they must be set up at a time advised by the Competition Committee.
- d. All props must be removed from the theatre at the conclusion of the Competition.
- e. Any props left at the theatre may be discarded

**28. DISCUSSIONS BETWEEN ADJUDICATORS AND COACHES**

- a. In the event the adjudicator wishes to communicate with a coach, the adjudicator shall, in the first instance, notify the Director of Competitions
- b. The Director will arrange for the discussion to take place an appropriate time
- c. The discussion will be held with Director of Competitions in attendance. The coach may have an additional person accompany them

*(Note: This section is a reference to the ACF National Rules).*

## **29. CORRESPONDENCE**

- a. Any interpretation/clarification of National Rules is to be referred to the ACF Director of Competitions via the Calisthenics ACT Competition Committee.
- b. Any clarification of the Calisthenics ACT Competition administration should be directed to the Competition Committee.
- c. Any flexible rules that CALI ACT have included in the National Rules should be referred to Calisthenic ACT Competition Committee and/or Director of Coaching.

## **30. STANDING RULES**

- a. Unless otherwise stated or notified the following conditions of entry to competition venues will always exist.
  - i. No Food or Drink is taken into the theatre (water permitted)
  - ii. Competitors, with leg tan, must have their legs covered when seated in the theatre.
  - iii. Apparatus/hand props are not to be used in Dressing Rooms.
  - iv. Leg tan is not to be applied to competitors within the competition venue
  - v. Music is not permitted in the dressing rooms.

**31. REVISION HISTORY**

<b>Date of Effect</b>	<b>Version</b>	<b>Description</b>
2002	0:1	Competition Sub-Committee Rules
March 2011	0:2	Competition Sub-Committee Rules Appendix A to CACTI By-laws
February 2015	1:0	Competition Administration
December 2016	1:1	Competition Sub-Committee Protocols <ul style="list-style-type: none"> <li>• Merged Version 0:2 &amp; 1:0</li> </ul>
November 2017	1:2	Amendment to Clause 19 re National Selection for Solo/Duo/Graceful entries – Total rewrite
January 2018	1:3	Amendment to Clause 12 – addition of point b. regarding eligibility of interstate competitors to enter solo and team competitions.  Amendment to Clause 19 f. Includes an exception for Duo where there is a mix of ACT and NSW competitors.