



# CALISTHENICS ASSOCIATION OF QUEENSLAND FLEXIBLE RULES

In accordance with ACF Flexi rules policy Appendix 1 pg.16

## Rule 1.2 – Competition

A competitor or team cannot compete in two age sections in the same item.

Exemption of rules may be applied for to fulfil min no. requirements in CORE ITEM higher age section

Exemption of rule may also be requested for participants to compete in a higher age section in *ALL FANCY ITEMS*, *irrespective if the lower team is performing the same item or not.*

- On the proviso that the number of participants competing in a higher age section do not exceed the number of competitors in the correct age section.

## Rule 1.3 - Aggregate

For CAQI run Championships, to be eligible for the aggregate, you must compete in all items (excluding Masters, who do not apply to this rule). Masters must compete in four items to be eligible for the aggregate. Regional competitions are at the discretion of the hosts.

For all QLD competitions, Highly Commended will be awarded 0.5 points. (To be reviewed again at the end of 2021)

## Rule 2.1 – Ages

CAQI may grant exceptions to the Age rule under the spirit of participation, geographical, disability, health issues or extenuating circumstances, by assessing applications through the "Age Exemption Workflow Chart" provided by CAQI.

Applications should be made to CAQI by the February Executive Council Meeting. For any participant who joins new to Calisthenics after that time, applications will be accepted no later than 31<sup>st</sup> March.

An accepted pupil may only work down an age group (or up - Masters only) in a team, for the applicable year of participation. CAQI will assess case by case, and make an informed decision, based on the information given.

A pupil on successful application may only work down or up within 1 year of the correct age group, i.e. 1<sup>st</sup> year Inter working in Juniors, (*unless granted allowance, due to exceptional circumstances by CAQI*).

For Tinies to Seniors, if a pupil is granted exception, they will be classified as a participant in the lower age section for teams, however, for SDG competitions the pupil must participate and be registered in their correct age group.

## Rule 2.3b – Minimum Number

(Applicable from 2017 Team comps and future years until reviewed)

The minimum number of club competitors on stage in an age group will be 6 unless you have less than 6 registered with CAQI and then this becomes your minimum number. No Penalty applied. The lowest number of competitors to form a registered team (receiving no penalties) being 4. You must always keep your minimum number on stage, as per ACF ruling 2.3a.

Note: Tinies teams do not receive a penalty.

## Rule 2.5.1b/c – Timing (Set Up/Removal)

For all team competitions, fancy items and those with minimal rules have an allowance of 4 mins for set up and removal. Time begins as soon as the previous team leaves the stage.

## Rule 3.1b – Lighting

Blackout – Standard Rules

Where the venue has no appropriate back curtain to utilise either by fly or page, a team can begin and end in blackout for core items, without penalty; provided competitors start and end approx. 1m towards the back-stage wall or behind the tape displayed across the stage, where a curtain would usually be hung.

### Queensland Competition Lighting by Age Group

<u>Standard Rules for Lighting Apply</u>	<u>Minimal Rules for Lighting Apply</u>
<u>Tinies</u>	<u>Intermediates</u>
<u>Sub-Juniors</u>	<u>Seniors</u>
<u>Juniors</u>	<u>Masters</u>

**Rule 3.1c – Front Curtain**

Where the venue has no appropriate back curtain to set up stage props, a front curtain can be utilised to meet health and safety regulations without penalty. Refer to ACF rules for further use of front curtain.

**Rule 4.1 – COVID Exemptions**

Applications for the following COVID purposes can be approved:

- a) Items can apply to receive no penalty for pupils missing due to COVID isolation (this includes no penalty for teams who present with fewer than minimum numbers).
- b) Items can apply to submit a video submission for items with 30% or more of pupils missing due to COVID isolation. These videos will also receive no penalty for fewer than minimum numbers.