

## **CALISTHENICS VICTORIA INC**

### **SPECIAL VICTORIAN COMPETITION RULES – 2012**

#### **MASTERS**

**Please note:** Rules for Masters are now included in the ACF Rules (Page 16 Rule 2.5), but have been included below for your convenience in 2012.

- All team members must be 26 years or older as at 31<sup>st</sup>. December in year of competition.
- Ladies younger than 26 years, wishing to compete in a Masters' team, must obtain permission from CVI Competition Committee. This exemption will only be given in exceptional circumstances - E.g. never participated in Calisthenics; disability or health issues.
- **A participant in Masters cannot compete in a Senior section/item, and a participant in Seniors cannot compete in a Masters section/item.** That means participants cannot compete in both sections in one year, under any circumstances – even if both sections compete at different competitions.
- All new teams must apply to CVI Grading Committee for a grading by 28<sup>th</sup>. February preferably, but no later than 16<sup>th</sup>. March 2012.
- If you have a large number of members in your Masters' section and there is a great variation in their Calisthenic abilities, you may apply to CVI Grading Committee to have 2 teams in your Masters' section graded separately, but they must have a different name. *This will only apply to Masters – no other age groups.* (Team members will not be interchangeable.)
- Items – Free Exercises, Rods, Clubs, March, Aesthetics and Calisthenic Revue.
- ACF Rules will apply.
- Time Limits: Free Ex; Rods; Clubs; March; Aesthetics – 2 ½ - 3 ½ mins  
Calisthenic Revue: 3 – 4 mins
- **Masters Competitions – 2012**  
Competitions will be allocated when Grading is finalised..