



Calisthenics Victoria Inc. Competition Etiquette

For All (Parents, Audience members and Coaches)

- Show respect for those volunteering their time to help the competition run smoothly, such as door people and marshals and obey their rules.
- Observe theatre rules on where you can eat or drink.
- Respect participants and fellow audience members by not talking whilst a team is on stage.
- Give recognition to all teams who perform on the stage, but remember not to call out the name of the team. We don't want the adjudicator to know which teams are competing.
- Be quiet around the stage area, as you can be heard from most dressing rooms and in the audience.
- Keep all your belongings together as there are others using the dressing room. Personal items and valuables should be left with a representative of your club. (CVI and its ancillary organisations/committees and theatres will not be responsible for any losses)
- Stay in the theatre for all speeches and aggregate presentations.
- Clean and tidy the dressing rooms at the completion of competitions.
- Do not talk to the Adjudicator during the competition, even if you know her.
- Flashlights, videos, cameras, mobile telephones or pagers are not to be operated in the theatre.
- Do not move around the theatre during an item.
- Observe all Smoke Free designated areas.

For Competitors

- Tracksuits and shoes should be worn in the theatre at all times.
- Wear tracksuit pants and socks for warming up.
- Do not lean or press against the walls when wearing leg tan or lipstick.
- Competitors shall not sit in the first two rows of the theatre.
- Do not verbally criticise your fellow competitors or the Adjudicator.
- For the comfort of those around you, you should refrain from walking around backstage in your body suit.