



Team Calisthenics Competition Rules and Information

The competition is being conducted for Juniors (Girls & Boys) and Seniors (Men & Women).

- The Team Calisthenics competition is a team event with either 6 or 8 member teams composed of any combination of males and/or females.
- There are three age divisions (age of the youngest team member on senior team determines the age division):
 - Juniors ONLY
 - Seniors Under 35 (up to 2 juniors allowed on team)
 - Seniors 35 and Over
 - Open – any combination of junior and senior ages
- Each team will perform an optional, self-composed, calisthenics routine containing calisthenics type movements to an optional musical selection between 2 and 21/2 minutes in length. (provided as the lone selection on a CD).
 - The routine must encompass the entire musical selection.
 - Movement(s) should be continuous throughout with only minimal pauses.
 - At least three (3) different formations are required (open and closed ranks are considered different formations).
 - NO hand apparatus are allowed.
 - NO "lifts" are allowed.
 - NO more than one (1) pyramid (no more than 2 high) may be used.
 - NO verbal commands are permitted during the routine.
- The carpeted competition area is 40 feet by 28 feet and is marked with 6 markers across and 4 markers deep. Markers are at 6 ½ foot intervals.
- Competitors may wear the appropriate regulation uniforms for their class, but optional team uniforms that complement the musical selection are also acceptable.
- Competitors are strongly encouraged but not required to take part in the closing ceremonies exhibition unless required by some other event in which they also participate.
- Team and Individual Team Member awards will be given per the American Sokol Tournament Rules governing team competitions.



Team Calisthenics Competition

- Judging will be based on both COMPOSITION and EXECUTION as follows:
 - COMPOSITION3.5 points
Complexity of movements, originality of movements, coordination of movements, appropriateness of movements with music, and general flow
 - EXECUTION5.5 points
Unison, correctness/preciseness of execution, technical skills (amplitude, grace, extension, etc.) and general harmony
 - RISK / ORIGINALITY / VIRTUOSITY (judges discretion)1.0 point
- Total10.0

Multiple teams performing the same routine should receive the same "originality" consideration.