



NSWCAI SOLO/DUO COMPETITION 2026 FACT SHEET

NSWCAI extends an invitation to all interested Calisthenic Members to enter our annual State Solo Competition to be held at Inaburra Performing Arts Centre, Bangor from Friday 8th May to Saturday 9th May 2026. Entries are via www.comps-online.com.au only. Once payment has been processed, a confirmation email will be sent*.

Please read the information provided below to be fully aware of all terms and conditions of entry:

VENUE

Venue: Inabuura Performing Arts Centre, Inaburra School, 75/85 Billa Rd, Bangor

Transport: **Driving** – Street parking is available onsite and street parking is available as well. As this is a residential area we request all noise is kept to a minimum on arrival and departure of the venue.

Accommodation – There are motels available at Engadine, Sutherland and Sylvania all of which would be between a 10-20 minute drive.

Facilities: There will be a canteen available on the day and the closest shops/eateries are a 5-10 minute drive away.

Competition Schedule: The schedule will be released 7-10 days after entries close. We are however looking to run All Duos and All Masters items on the Friday evening from 6pm. This is only tentative and subject to final entry numbers.

ENTRIES

**Entries are capped if we have reached capacity your entry may be refunded. Entries may also close before the closing date if capacity is reached we recommend registering as soon as possible*

To enter please register online at www.comps-online.com.au

Entries are not accepted until payment has been received. Payment is to be made via Paypal or credit card by following the links provided.

ACF/NSW Rules and NSW Minimum Skill Requirements are available on the entry website. These must be viewed before entering. If you enter and have the incorrect skill level your entry will be refunded less a \$15 administration fee

During this period entries from NSW and ACT participants will only be accepted. If there is interest from another member state the competitor will be waitlisted and if there is capacity in that section an invitation will be extended.



Entry Fees: Entries fees for 2026 are as follows:

\$70.00 per competitor for solo and graceful items

\$100.00 per Duo item**

***Note only one entry is required per duo – competitors should coordinate as to who will be responsible for submitting entry form and making payment*

Divisions: We are continuing to offer grades/divisions for all age groups (dependent on entry number in each section)

Competitors will be entered into sections based on their previous NSWCAI Competition results, and their state grading. The divisions for 2026 Competition will be "A" and "B". The NSWCAI Competition Committee will determine the grading, and their decision is final. Please see website for guidelines.

NSWCAI needs a minimum of 2 competitors in a section to run a competition. If we get a single entry for any section, that competitor will be contacted.

TECHNICAL INFORMATION

Lighting/Music – Please don't send anything yet, we will call for these at a later date

Staging: The performance area is attached to the back of this document, There will be only one door for entry and exit to the dressing rooms.

Music: As there are no timers all music files should be loaded in accordance with the following 2026 ACF timing limits:

| Age Group | ACF Time Limit for Files |
|---------------|--------------------------|
| Tinies | 1.30 - 2.45 |
| Sub Juniors | 1.30 - 2.45 |
| Juniors | 2.00 - 3.15 |
| Intermediates | 2.30 - 3.45 |
| Seniors | 2.30 - 3.45 |
| Masters | 2.30 - 3.45 |

Music not loaded with this correct timing will be rejected.

Coaches need to upload music to the assigned dropbox folder, information will be sent once entries close.



Lighting: Coaches are advised that there is no front or back curtain available. Instead there is a permanent white Cyclorama across the back of the stage. Competitors will need to start at centre back stage in a blackout if back curtain entry is normally used.

Lighting: We are very excited to offer more lighting at this venue. Lighting sheets will be loaded to dropboxes once entries close. Lighting available will be colour washes, front of stage lit, centre of stage lit, black out. DLP are also on offer this year.

Critiques: NSWCAI will again be using voice critiques, these will be available to your dropbox folder within 72 hours of competition completion.

Video/Photos: This year we will have a professional Videographer and Photographer available for competitors. JRD Dance Media will be providing this service. The website for purchasing is [JRD Dance Media](#) more information will be provided as the event gets closer.

Once again parents and coaches are welcome to take photos at the designated Photo Wall areas in the main foyer.

Dressing Rooms: There are multiple dressing rooms available at this venue. Toilet facilities are separate. There is no runner we will advise once a section has started and you will need to make your way to the side stage area as the time gets close. Coaches /Competitors are responsible for keeping track of time and getting to side stage in a timely manner.

AUDIENCE

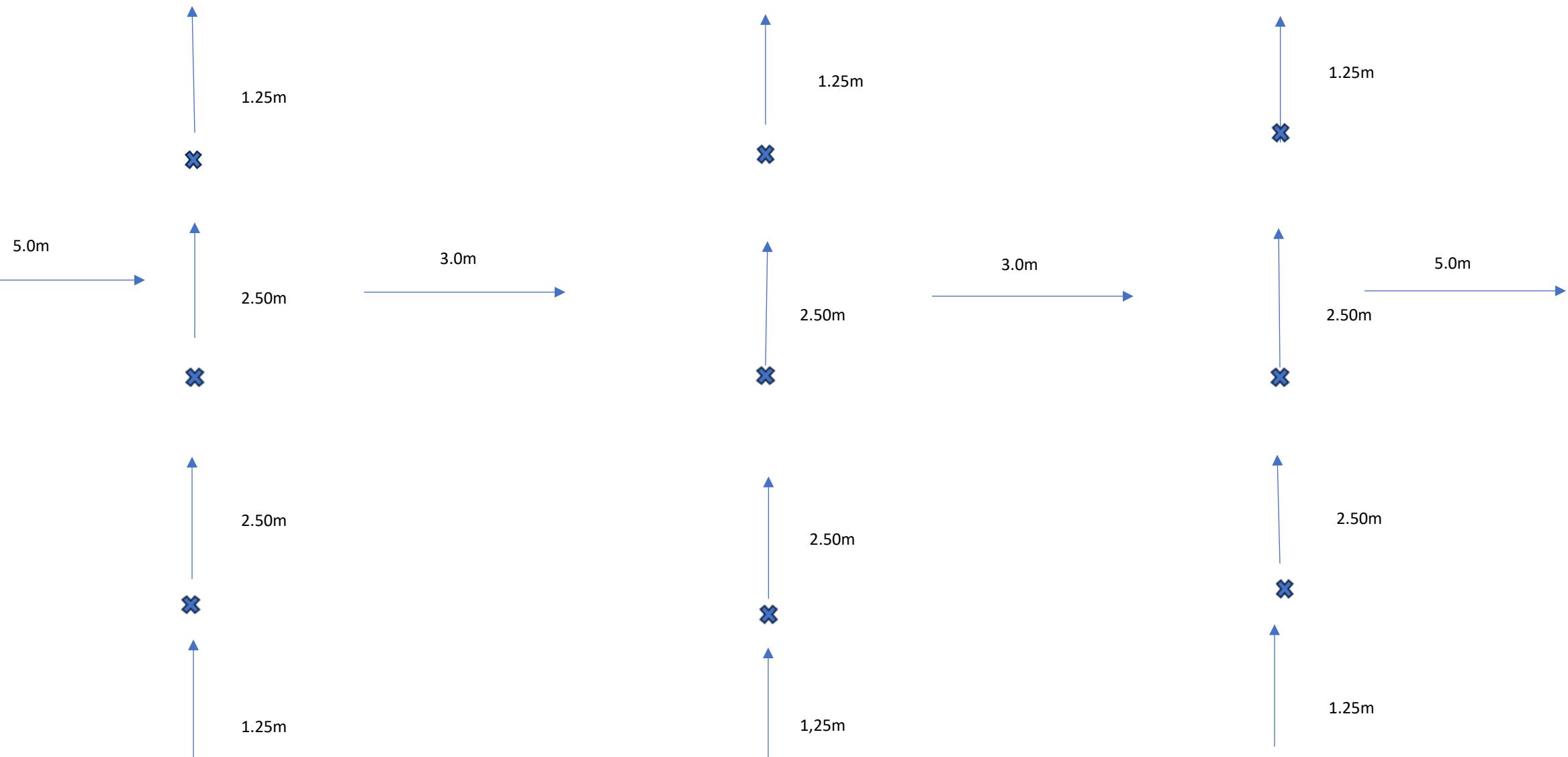
NSWCAI is pleased to announce this event is ticket less with no charge to audience members, please bring as many supporters as possible!

Audience members when attending will be asked to keep their movement to a minimum where possible.

No photography or videography is permitted by audience members this is monitored by our volunteers and if you are seen doing so you will be asked to delete the content immediately.

Looking forward to a great competition and we thank you for your continued support!

CYCLORAMA



FRONT OF STAGE